

BROOKLYN FRIENDS SCHOOL

From the desk of Chef Tom

Available Daily in Our Dining Room

Mixed Greens with at least 5 choices of dressings, 2 specialty salads, wraps or sandwiches, Raw seasonal vegetables, Organic Tofu, Anti-biotic- & Hormone-Free Chicken, Hard Boiled Eggs, Homemade Egg, Tuna &/or Chicken Salad, Assorted Cheeses & Nitrite-free Deli Meats

Fresh Seasonal Fruit, Organic Low-fat Yogurt, Low-fat Cottage Cheese, All Natural Granola, Raisins, Sunflower Butter & Assorted Jellies, Organic & Conventional Butter & Cheese.

Hormone-free 1% Milk, Organic Soy Milk, Filtered Water, Light Juices

Our Snack Program includes the following items:

Fresh Grapes
Clementines
Apples
Oranges
Bananas
Baby Carrots

Please note our fruit is sourced locally as often as possible from *GrowNYC's Wholesale Greenmarket* and our partnership with *Jersey Fresh & Consalo Farm*.

Organic Valley String Cheese

Back To Nature Crispy Wheat Crackers

Back To Nature Honey Graham Sticks

Back To Nature Crispy Cheddar Crackers

Baked Cinnamon Apple Chips