

Available Daily:

- Fresh Entrée Salads • Party Plates • Peanut Butter and Jelly Sandwich • Assorted Fresh Fruit • Veggie Cruncher Cups • Variety of Chilled Fruit & Juice
- Ice Cold New York State Milk

Monday

Harvest of the Month

Potato

Tuesday



Wednesday

Thursday

Friday

Look for the MVFTS Logo for LOCALLY grown and raised items



Day 2 **4**
Mozzarella Stix w/
Dipping Sauce
Terrific Tuna Sandwich
Tiny Broccoli Trees

Day 3 **5**
Tasty Chicken Tenders
Deli Turkey Sandwich
Tomato Pie
X-Ray Vision Carrots

Day 4 **6**
Bacon Cheeseburger
Ham&Cheese Sandwich
Mini Potatoes
NY Sunshine Bars

Day 5 **7**
Roast Turkey
Bologna & Cheese
Sandwich
Fresh Dinner Roll
Whipped Potatoes
Veggie Choice!

Day 6 **8**
Cheesy Cheese Pizza
Garlic Pizza
Fresh Garden Salad
Local Very Berry Yogurt

Day 1 **11**
Crispy Chicken Nuggets
Terrific Tuna Sandwich
Buttered Rotini
Lean Mean Green Beans

Day 2 **12**
Mexican Tacos
Deli Turkey Sandwich
Lettuce, Cheese, Tomato
Cup
Whole Kernel Corn

Day 3 **13**
Southern Breaded
Chicken Drumstick
Ham&Cheese Sandwich
Steamy Rice
Turmeric Roasted
Cauliflower

Day 4 **14**
Cheesy Chicken
Mac & Cheese
Deli Turkey Sandwich
Lean Mean Green Beans

Day 5 **15**
Cheesy Cheese Pizza
Spicy Buffalo Wing Pizza
Garden Fresh Green Salad
Yummy 'Nilla Whip!!!

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19

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Mid-Winter Recess

Day 6 **25**
Protein Packed
Chicken Patty
Terrific Tuna Sandwich
Tiny Broccoli Trees

Day 1 **26**
Macho Nachos!!!
Deli Turkey Sandwich
Whole Kernel Corn

Day 2 **27**
Mozzarella Stix w/
Dipping Sauce
Ham&Cheese Sandwich
Lean Mean Green Beans

Day 3 **28**
All Local Beef Hot Dog
Deli Turkey Sandwich
Mac and Cheese Side
Mini Potatoes



Harvest of the Month – **Potato**
Potatoes were the first vegetable grown in space! They contain fiber and carbohydrates.

