

**Available Daily:**

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

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

2019

**Harvest of the Month**  
Winter Squash

Crispy Chicken Nuggets  
Buttered Rotini  
Lean Mean Green Beans

All Local Beef Hot Dog  
WG Goldfish Crackers  
X-Ray Vision Carrots

Cheesy Cheese Pizza  
Pepperoni Pizza  
Crisp Garden Salad  
Ooooooh! Oreo Whip!!!

Mozzarella Stix w/  
Dipping Sauce  
Tiny Broccoli Trees

Mega Chicken Bites  
X-Ray Vision Carrots  
Steamy Rice

Bacon Cheeseburger  
Mini Potatoes  
**NY Sunshine Bars**

Protein Packed  
Chicken Patty  
Tiny Broccoli Trees

Cheesy Cheese Pizza  
Garlic Pizza  
Fresh Garden Salad  
Local Very Berry Yogurt

Crispy Chicken Nuggets  
Buttered Rotini  
Lean Mean Green Beans

Mexican Tacos  
Lettuce, Cheese,  
Tomato Cup  
Whole Kernel Corn

Southern Breaded  
Chicken Drumstick  
Steamy Rice  
X-Ray Vision Carrots

Roast Turkey Gravy  
Fresh Dinner Roll  
Whipped Potatoes  
Veggie Choice!

Cheesy Cheese Pizza  
Spicy Buffalo Wing Pizza  
Garden Fresh Green Salad  
Yummy 'Nilla Whip!!!

*"Injustice anywhere is a threat to justice everywhere."*  
-Martin Luther King Jr.

Tasty Chicken Tenders  
Tomato Pie  
X-Ray Vision Carrots

Whole Grain French  
Toast Stix  
Breakfast Sausage  
Hash Brown Patty

Cheesy Chicken  
Mac & Cheese  
Lean Mean Green Beans

Cheesy Cheese Pizza  
Pepperoni Pizza  
Crisp Garden Salad  
Local Very Berry Yogurt

Protein Packed  
Chicken Patty  
Tiny Broccoli Trees

Macho Nachos!!!  
Whole Kernel Corn

Mozzarella Stix w/  
Dipping Sauce  
Lean Mean Green Beans

Dip-N-Sip  
(Grilled Cheese & Soup)  
**"Squash It" Soup**  
Lean Mean Green Beans



Harvest of the Month – **Winter Squash**  
Pumpkin, butternut, acorn, and spaghetti are common varieties of winter squash

Look for the MVFTS Logo for **LOCALLY** grown and raised items

