

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

Harvest of the Month
Potato

Tuesday



Wednesday

Thursday

Friday

Look for the MVFTS Logo for LOCALLY grown and raised items



4
Mozzarella Stix w/
Dipping Sauce
Tiny Broccoli Trees

5
Tasty Chicken Tenders
Tomato Pie
X-Ray Vision Carrots

6
Bacon Cheeseburger
Mini Potatoes
NY Sunshine Bars

7
Roast Turkey
Fresh Dinner Roll
Whipped Potatoes
Veggie Choice!

1
Cheesy Cheese Pizza
Pepperoni Pizza
Crisp Garden Salad
Ooooooh! Oreo Whip!!!

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

11
Crispy Chicken Nuggets
Buttered Rotini
Lean Mean Green Beans

12
Mexican Tacos
Lettuce, Cheese, Tomato
Cup
Whole Kernel Corn

13
Southern Breaded
Chicken Drumstick
Steamy Rice
Turmeric Roasted
Cauliflower

14
Cheesy Chicken
Mac & Cheese
Lean Mean Green Beans

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

18

19

20

21

22

Mid-Winter Recess

25
Protein Packed
Chicken Patty
Tiny Broccoli Trees

26
Macho Nachos!!!
Whole Kernel Corn

27
Mozzarella Stix w/
Dipping Sauce
Lean Mean Green Beans

28
All Local Beef Hot Dog
Mac and Cheese Side
Mini Potatoes



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