

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**5**  
Popcorn Chicken Bites  
Terrific Tuna Sandwich  
Buttered Rotini  
Tiny Broccoli Trees

**6**  
Macho Nachos!!!  
Deli Turkey Sandwich  
Whole Kernel Corn

**7**  
Dip-N-Sip  
(Grilled Cheese)  
Ham&Cheese Sandwich  
Steamy Tomato Soup  
Lean Mean Green Beans

**8**  
Tasty Chicken Tenders  
Deli Turkey Sandwich  
Macaroni & Cheese  
Veggie Beans

**9**  
Cheesy Cheese Pizza  
Garlic Pizza  
Fresh Garden Salad  
Yummy Yogurt Pack

**12**  
Protein Packed  
Chicken Patty  
Terrific Tuna Sandwich  
Lean Mean Green Beans

**13**  
Mexican Tacos  
Deli Turkey Sandwich  
Lettuce, Cheese,  
Tomato Cup  
Whole Kernel Corn

**14**  
Buffalo Chicken Wrap  
Ham&Cheese Sandwich  
X-Ray Vision Carrots

**15**  
Crispy Chicken Nuggets  
Deli Turkey Sandwich  
Cheesy Baked Potato  
Tiny Broccoli Trees

**16**  
Cheesy Cheese Pizza  
Pepperoni Pizza  
Crisp Garden Salad  
Ooooooh! Oreo Whip!!!

**19**

**20**

**21**

**Mid-Winter Recess**

**26**  
Mozzarella Stix w/  
Dipping Sauce  
Terrific Tuna Sandwich  
Tiny Broccoli Trees


**27**  
Tasty Pizza Stix w/  
Dipping Sauce  
Terrific Tuna Sandwich  
X-Ray Vision Carrots

**28**  
Bacon Cheeseburger  
Ham&Cheese Sandwich  
Toasty Tater Tots

**POTATOES**

**Harvest of the Month**

**Reasons to Eat Potatoes:**  
Eating a 1/2 cup of potatoes is a good way to get vitamin C. Potatoes also have many important vitamins and minerals like vitamin B<sub>6</sub>, niacin, and potassium. Niacin is a type of B-vitamin that helps your body make energy. Potatoes can be eaten in many healthy ways - baked, boiled, roasted, mashed, and in soups, stews, and casseroles.



Nutrition Facts	
Serving Size: 1/2 cup potato, cooked (78g)	
Calories 68	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 1%

Food Service Helpers and Substitutes needed!! Please call the OHM BOCES Food Service Office at (315) 738-0848 for more information!

- Daily Entrées:**
- Fresh Entrée Salads
  - Peanut Butter and Jelly Sandwich
  - Party Plates

- Daily Sides:**
- Assorted Fresh Fruit, Veggie Cruncher Cups, Variety of Chilled Fruit and Juice, Ice Cold New York State Milk

