

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**5**  
**Popcorn Chicken Bites**  
 Buttered Rotini  
 Tiny Broccoli Trees

**6**  
**Macho Nachos!!!**  
 Whole Kernel Corn

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

**8**  
**Tasty Chicken Tenders**  
 Macaroni & Cheese  
 Veggie Beans

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

**12**  
**Protein Packed Chicken Patty**  
 Lean Mean Green Beans

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

**14**  
**Buffalo Chicken Wrap**  
 X-Ray Vision Carrots

**15**  
**Crispy Chicken Nuggets**  
**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**  
 Tiny Broccoli Trees

**27**  
**Chicken and Cheese Taquitos!**  
 X-Ray Vision Carrots

**28**  
**Bacon Cheeseburger**  
**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  
 Assorted Subs, Wraps and Sandwiches  
 Peanut Butter and Jelly Sandwich

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

