

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 ½ cup of potatoes is a good way to get vitamin C. Potatoes also have many important vitamins and minerals like vitamin B₆, 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: ½ 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**

