

**Available Daily:**

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

**Monday**



**Tuesday**



**Wednesday**

Look for the MVFTS Logo for LOCALLY grown and raised items



**Thursday**

**Friday**

Day 2 **4**  
Mozzarella Stix w/  
Dipping Sauce  
Terrific Tuna Sandwich  
Tiny Broccoli Trees

Day 3 **5**  
Tasty Chicken Tenders  
Deli Turkey Sandwich  
Tomato Pie  
X-Ray Vision Carrots

Day 4 **6**  
Bacon Cheeseburger  
Ham&Cheese Sandwich  
**Mini Potatoes**  
**NY Sunshine Bars**

Day 5 **7**  
Roast Turkey  
Bologna & Cheese  
Fresh Dinner Roll  
Whipped Potatoes  
Veggie Choice!

Day 6 **8**  
Cheesy Cheese Pizza  
Garlic Pizza  
Fresh Garden Salad  
Local Very Berry Yogurt

Day 1 **11**  
Crispy Chicken Nuggets  
Terrific Tuna Sandwich  
Buttered Rotini  
Lean Mean Green Beans

Day 2 **12**  
Mexican Tacos  
Deli Turkey Sandwich  
Lettuce, Cheese, Tomato  
Cup  
Whole Kernel Corn

Day 3 **13**  
Southern Breaded  
Chicken Drumstick  
Ham&Cheese Sandwich  
Steamy Rice  
Turmeric Roasted  
Cauliflower

Day 4 **14**  
Cheesy Chicken  
Mac & Cheese  
Deli Turkey Sandwich  
Lean Mean Green Beans

Day 5 **15**  
Cheesy Cheese Pizza  
Spicy Buffalo Wing Pizza  
Garden Fresh Green Salad  
Yummy 'Nilla Whip!!!

**18**

**19**

**20**

**21**

**22**

### Mid-Winter Recess

Day 6 **25**  
Protein Packed  
Chicken Patty  
Terrific Tuna Sandwich  
Tiny Broccoli Trees

Day 1 **26**  
Macho Nachos!!!  
Deli Turkey Sandwich  
Whole Kernel Corn

Day 2 **27**  
Mozzarella Stix w/  
Dipping Sauce  
Ham&Cheese Sandwich  
Lean Mean Green Beans

Day 3 **28**  
All Local Beef Hot Dog  
Deli Turkey Sandwich  
Mac and Cheese Side  
**Mini Potatoes**



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

