

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

Tuesday

Wednesday

Thursday

Friday

Harvest of the Month

Potato



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!!!
 Deli Turkey Sandwich
 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.