<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>2 Baked Crispy Chicken Sandwich&lt;br&gt; Fresh Baby Carrots w/Ranch&lt;br&gt; Chilled Applesauce 100% Fruit Juice Assorted Milk</td>
<td>3 Chicken Caesar Salad w/Bagel&lt;br&gt; Garbanzo Beans Fresh Orange 100% Fruit Juice Assorted Milk</td>
<td>4 Buffalo Ranch Wrap&lt;br&gt; Fresh Broccoli w/Ranch&lt;br&gt; Diced Peaches 100% Fruit Juice Assorted Milk</td>
<td>5 Turkey Club Wrap&lt;br&gt; Fresh Celery Sticks w/Ranch&lt;br&gt; Homemade Fruit Crisp 100% Fruit Juice Assorted Milk</td>
<td>6 Cheese Pizza&lt;br&gt; Golden Sweet Corn&lt;br&gt; Fresh Baby Carrots w/Ranch&lt;br&gt; Fresh Apple 100% Fruit Juice Assorted Milk</td>
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<td>9 Baked Crispy Chicken Sandwich&lt;br&gt; Fresh Baby Carrots w/Ranch&lt;br&gt; Chilled Applesauce 100% Fruit Juice Assorted Milk</td>
<td>10 Chicken BLT Salad w/Bagel&lt;br&gt; Black Beans Fresh Orange 100% Fruit Juice Assorted Milk</td>
<td>11 Baked Chicken Nuggets w/Bread&lt;br&gt; Fresh Broccoli w/Ranch&lt;br&gt; Diced Peaches 100% Fruit Juice Assorted Milk</td>
<td>12 Ham &amp; Cheese Deli Wrap&lt;br&gt; Cucumber Slices w/Ranch&lt;br&gt; Fruity Jello w/Whipped Topping 100% Fruit Juice Assorted Milk</td>
<td>13 POP UP Hot Food Service Day&lt;br&gt; Homemade Mac &amp; Cheese&lt;br&gt; Golden Sweet Corn&lt;br&gt; Fresh Baby Carrots w/Ranch&lt;br&gt; Fresh Apple 100% Fruit Juice Assorted Milk</td>
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<td>16 Baked Crispy Chicken Sandwich&lt;br&gt; Fresh Baby Carrots w/Ranch&lt;br&gt; Chilled Applesauce 100% Fruit Juice Assorted Milk</td>
<td>17 Chicken Caesar Salad w/Bagel&lt;br&gt; Garbanzo Beans Fresh Orange 100% Fruit Juice Assorted Milk</td>
<td>18 Tuna Salad Sandwich&lt;br&gt; Fresh Broccoli w/Ranch&lt;br&gt; Diced Peaches 100% Fruit Juice Assorted Milk</td>
<td>19 Turkey Club Wrap&lt;br&gt; Fresh Celery Sticks w/Ranch&lt;br&gt; Homemade Fruit Crisp 100% Fruit Juice Assorted Milk</td>
<td>20 CONFERENCE DAY&lt;br&gt; NO SCHOOL</td>
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<td>23 Baked Crispy Chicken Sandwich&lt;br&gt; Fresh Baby Carrots w/Ranch&lt;br&gt; Chilled Applesauce 100% Fruit Juice Assorted Milk</td>
<td>24 Chicken BLT Salad w/Bagel&lt;br&gt; Black Beans Fresh Orange 100% Fruit Juice Assorted Milk</td>
<td>25 Baked Chicken Nuggets w/Bread&lt;br&gt; Fresh Broccoli w/Ranch&lt;br&gt; Diced Peaches 100% Fruit Juice Assorted Milk</td>
<td>26 Ham &amp; Cheese Deli Wrap&lt;br&gt; Cucumber Slices w/Ranch&lt;br&gt; Fruity Jello w/Whipped Topping 100% Fruit Juice Assorted Milk</td>
<td>27 POP UP Hot Food Service Day&lt;br&gt; Authentic Pulled Pork Sandwich&lt;br&gt; Golden Sweet Corn&lt;br&gt; Fresh Baby Carrots w/Ranch&lt;br&gt; Fresh Apple 100% Fruit Juice Assorted Milk</td>
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<tr>
<td>30 Baked Crispy Chicken Sandwich&lt;br&gt; Fresh Baby Carrots w/Ranch&lt;br&gt; Chilled Applesauce 100% Fruit Juice Assorted Milk</td>
<td>31 Chicken Caesar Salad w/Bagel&lt;br&gt; Garbanzo Beans Fresh Orange 100% Fruit Juice Assorted Milk</td>
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**Available Daily Entrees**
- PBJ Sandwich
- Meat Chef Salad w/Bread Choice
- Vegetarian Chef Salad w/Bread Choice
- Hummus & Veggies w/Chips & Goldfish Pretzels
- Yogurt w/Bread Choice

**Daily Breakfast Menu**

**Choose 1 Item:** Bagel or Cinnamon Roll

**or Choose 2 Items:**
- Cereal,
- Muffin Top or Oatmeal Bar

**Side:** Fruit, 100% Fruit Juice & Asst Milk

Contact the Food Service Office if you have any questions, comments or concerns. We can be reached at (607) 739-5601 (ext. 3671 or ext. 3674) or go to the School District Website Food Service Page & click on the Contact Us button to fill in and submit your information. This menu is subject to change with out advance notice.

This institution is an equal opportunity employer & provider.
March Seasonal Harvest: POTATOES & YOGURT

Potatoes are also a significant source of VITAMIN C and the minerals POTASSIUM and COPPER. Vitamin C is an antioxidant vitamin that is needed to form collagen for skin, healthy teeth, gums and blood vessels. Potassium is important for maintaining fluid balance, nerve impulses, and cardiac and muscle function. Copper is needed to make a protein in red blood cells called hemoglobin, maintenance of blood vessels and to metabolize iron.

Popular varieties of potatoes:
Russet, white, red, purple, yellow, new, fingerling, and sweet.

Upstate Farms All Natural Vanilla Yogurt served daily in your school. Other flavors also available—blueberry, strawberry and a variety of flavors available in 4 oz. cups.