<table>
<thead>
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<th>Monday</th>
<th>Tuesday</th>
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| Beef Burger  
Fresh Lettuce & Tomato on ww bun  
Potato Puffs Corn  
Fresh Apples & Pears  
Milk - Variety  
V* Veggie Burger | Loaded Mexican Spuds  
with Fresh Salsa, Black Beans & Corn  
Fresh Broccoli  
Fresh Apples & Pears  
Milk - Variety  
V* Loaded Spud | Chicken Nuggets  
Macaroni and Cheese  
Fresh Carrot Sticks  
Fresh Apples & Pears  
Milk - Variety  
V* Veggie Pita Pizza  
with Fresh Peppers, Onions & Broccoli | Pasta Pasta Day | Cheese or Hawaiian Pizza with Soft Crust  
Pasta Salad  
with Fresh Tomato, Peppers, Carrots & Onion  
Fresh Apples & Pears  
Milk - Variety  
PB & J on ww  
Tuna Sandwich |

The Fresh Produce on this menu comes from the following farms:

- Brizzell Farms  
- Joseph DiSalvo Farms  
- Fowler Bros.  
- Indian Ladder  
- Juliano Farms  
- Klienkill Farms  
- Pray Farms  
- Yonder Farms  
- Wertman Farms  
- Melrose NY  
- Phoenix NY  
- Walcott NY  
- Altamont NY  
- Utica NY  
- Hudson NY  
- Plattsburg NY  
- Hudson NY  
- Melrose NY

Farm to You Fest - October 2010