





Farm to You Fest - October 2010



Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
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  Fresh Apples & Pears Milk - Variety	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