



January

2021

Harvest of the Month

Dairy

New York State is a top dairy producer and this month we celebrate the cows! We will be serving Upstate Farms milk (as always), along with cheese and yogurt. All great sources of protein and vitamin D, which is extra important during the winter months when it's less sunny out. This month we will be Taste Testing *Cherry Tomato and Mozzarella Salad* and our All New York State Meal will also include local grape juice and yogurt.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 NYS Menu: Grape Juice, yogurt, Cherry Tomato & Mozzarella Salad	12 Taste Test @ 3 rd & 4 th Grades: Cherry Tomato & Mozzarella Salad	13 NYS Menu: Grape Juice, yogurt, Cherry Tomato & Mozzarella Salad	14 Taste Test @ 3 rd & 4 th Grades: Cherry Tomato & Mozzarella Salad	15 NYS Menu: Grape Juice, yogurt, Cherry Tomato &	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						