

Welcome to our Lunch Cafe at...

Cohoes City Abram Lansing

January 2019

MEATLESS MONDAY

HARVEST of the MONTH



Monday

Tuesday

Wednesday

Thursday

Friday

1 Happy New Years 2019

2 Holiday Recess No School

3 Crispy Chicken Sandwich
Steamed Carrots
Buttered Corn
Strawberry Cup
Mixed Fruit

4 Cheese Pizza
Green Beans
Broccoli
Diced Peach Cup
Diced Pear Cup

7 Grilled Cheese Sandwich
Tomato Soup
Broccoli
Buttered Corn
Applesauce
Diced Peach Cup

8 Nachos Grande
Baked Beans
Carrots
Celery
Fresh Orange
Diced Pear Cup

9 Meatball Hero
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

10 Chicken Nuggets
Whole Wheat Bread
Cucumber Coins
Celery
Pineapple Cup
Mixed Fruit

11 Cheese Pizza
Side Salad
Broccoli
Diced Peach Cup
Diced Pear Cup



14 Mozzarella Sticks
Tomato Sauce
Whole Wheat Bread
Broccoli
Buttered Corn
Fresh Apple
Diced Peach Cup

15 Soft Tacos
Baked Beans
Carrots
Celery
Fresh Orange
Diced Pear Cup

16 Beef Hot Dog on Bun
Green Beans
Roasted Butternut
Squash
Fresh Banana
Applesauce

17 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Fluffy Mashed Potatoes
Buttered Corn
Mixed Fruit
Pineapple Cup

18 Cheese Pizza
Side Salad
Broccoli
Diced Peach Cup
Diced Pear Cup

21



22 Nachos Grande
Baked Beans
Carrots
Celery
Fresh Orange
Diced Pear Cup

23 Cheeseburger
Burger
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

24 Chicken Nuggets
Whole Wheat Dinner Roll
Cucumber Coins
Buttered Corn
Mixed Fruit
Pineapple Cup

25 Cheese Pizza
Side Salad
Broccoli
Diced Peach Cup
Diced Pear Cup

28 Stuffed Bread
Tomato Sauce
Crispy Potato Puffs
Broccoli
Fresh Apple
Diced Peach Cup

29 Soft Tacos
Baked Beans
Carrots
Celery
Fresh Orange
Diced Pear Cup

30 Meatball Hero
Sweet Corn
Green Beans
Fresh Banana
Applesauce

31 Chicken Sandwich
Cucumber Coins
Celery
Mixed Fruit
Pineapple Cup



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



1% White, Skim and Fat Free Chocolate Milk offered with every meal

January 9th is Sticker Day!

Lunch is free to all Cohoes Elementary Students. Assorted Deli Sandwiches, Chef Salads and Yogurt Parfaits with Granola and Fruit served weekly. Romaine Salad served as a daily vegetable option. If you have any questions, please contact Brian Nolan, Food Service Director at 237-9100 x 1411

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.