

Welcome to our Lunch Cafe at...

Cohoes City Abram Lansing

March 2019

MEATLESS MONDAY

Monday

Tuesday

Wednesday

Thursday

Friday

HARVEST of the MONTH

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



1 Cheese Pizza (V) (P)
Side Salad
Broccoli
Diced Peach Cup
Diced Pear Cup

4 Grilled Cheese Sandwich (V)
Tomato Soup
Broccoli
Buttered Corn
Fresh Apple
Diced Peach Cup

MEATLESS MONDAY

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

6 Meatball Hero (P) (N)
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

7 Chicken Sandwich
Cucumber Coins
Celery
Strawberry Cup
Mixed Fruit

8 Cheese Pizza (V) (P)
Side Salad
Broccoli
Diced Peach Cup
Diced Pear Cup

11 Mozzarella Sticks (V)
Tomato Sauce Dip
Broccoli
Buttered Corn
Fresh Apple
Diced Peach Cup

MEATLESS MONDAY

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

13 Beef Hot Dog on Bun
Green Beans
Red Pepper Strips
Fresh Banana
Applesauce

14 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Fluffy Mashed Potatoes
Buttered Corn
Strawberry Cup
Mixed Fruit

15 Cheese Pizza (V) (P)
Side Salad
Broccoli
Diced Peach Cup
Diced Pear Cup

18 Grilled Cheese Sandwich (V)
Tomato Soup
Broccoli
Buttered Corn
Fresh Apple
Diced Peach Cup

MEATLESS MONDAY

19 Turkey & Cheese Sandwich
Fresh Baby Carrots
Fresh Apple

Half Day for All Students. Lunch available in cafeteria

20 Cheeseburger
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

21 Baked Chicken Tenders
Whole Wheat Dinner Roll
Cucumber Coins
Buttered Corn
Fresh Apple
Mixed Fruit

22 Cheese Pizza (V) (P)
Side Salad
Broccoli
Diced Peach Cup
Diced Pear Cup

25 Whole Grain French Toast (V)
Turkey Sausage Patty
Crispy Potato Puffs
Broccoli
Fresh Apple
Diced Peach Cup

MEATLESS MONDAY

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

27 Meatball Hero (P) (N)
Sweet Corn
Green Beans
Fresh Banana
Applesauce

28 Chicken Sandwich
Cucumber Coins
Celery
Strawberry Cup
Mixed Fruit

29 Cheese Pizza (V) (P)
Side Salad
Broccoli
Diced Peach Cup
Diced Pear Cup



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



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

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.