

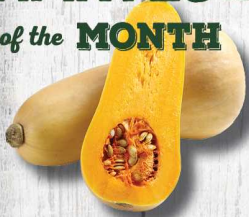
# Welcome to our Lunch Cafe at...

## Cohoes City Harmony Hill

# 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  
**MEATLESS MONDAY**

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  
**MEATLESS MONDAY**

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  
  
MARTIN LUTHER KING JR. DAY

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  
**MEATLESS MONDAY**

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.