

# Welcome to our Lunch Cafe at...

## Cohoes City Harmony Hill

# December 2018

**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.



3 Whole Grain French Toast  
Turkey Sausage Patty  
Crispy Potato Puffs  
Broccoli  
Fresh Apple  
Diced Peach Cup

**MEATLESS MONDAY**

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

5 Meatball Hero  
Green Beans  
Red Pepper Strips  
Fresh Banana  
Applesauce

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

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



10 Grilled Cheese Sandwich  
Tomato Soup  
Broccoli  
Buttered Corn  
Fresh Apple  
Diced Peach Cup

**MEATLESS MONDAY**

11 Turkey & Cheese Sandwich  
Carrot Sticks  
Fresh Apple

12 Cheeseburger  
Baked Beans  
Crispy Potato Puffs  
Green Beans  
Fresh Banana  
Applesauce

13 Chicken Sandwich  
Cucumber Coins  
Celery  
Fresh Green Grapes  
Mixed Fruit

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

17 Homemade Mac & Cheese  
Whole Wheat Bread  
Broccoli  
Buttered Corn  
Fresh Apple  
Diced Peach Cup

**MEATLESS MONDAY**

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

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

20 Crispy Popcorn Chicken  
Whole Wheat Dinner Roll  
Fluffy Mashed Potatoes  
Buttered Corn  
Fresh Strawberries  
Mixed Fruit

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

24 Holiday Recess  
No School



26 Holiday Recess  
No School

27 Holiday Recess  
No School

28 Holiday Recess  
No School

31 Holiday Recess  
No School

We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan the QR code.



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

1/2 Day of School December 11th. Lunch available in the cafeteria

Sticker Day is December 5th. Find a sticker on your lunch tray and win a free healthy snack!

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.