

Welcome to our Lunch Cafe at...

Cohoes City Harmony Hill

February 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
Green Beans
Broccoli
Diced Peach Cup
Diced Pear Cup

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

MEATLESS MONDAY

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

6 Meatball Hero
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

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

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

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

MEATLESS MONDAY

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

13 Pasta & Meat Sauce
freshly cooked pasta with meat sauce
Whole Wheat Bread
Green Beans
Roasted Butternut Squash
Fresh Banana
Applesauce

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

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

18

19

SCHOOL CLOSED TODAY

20

SCHOOL CLOSED TODAY

21

SCHOOL CLOSED TODAY

22

SCHOOL CLOSED TODAY

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

MEATLESS MONDAY

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

27 Beef Hot Dog on Bun
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

28 Chicken Sandwich
Cucumber Coins
Celery
Mixed Fruit
Pineapple Cup

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



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

February 7th is Sticker Day!

Lunch is free to all Cohoes Elementary Students. Assorted Deli Sandwiches, and Chef Salads served daily. Yogurt Parfaits with Fruit and Granola 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.