

Welcome to our Lunch Cafe at...

Cohoes City Harmony Hill

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 Side Salad Broccoli Diced Peach Cup Diced Pear Cup
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4	Grilled Cheese Sandwich Tomato Soup Broccoli Buttered Corn Fresh Apple Diced Peach Cup
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5	Nachos Grande Baked Beans Carrots Celery Fresh Orange Diced Pear Cup
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6	Meatball Hero Crispy Potato Puffs Green Beans Fresh Banana Applesauce
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7	Chicken Sandwich Cucumber Coins Celery Strawberry Cup Mixed Fruit
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8	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pear Cup
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11	Mozzarella Sticks Tomato Sauce Dip Broccoli Buttered Corn Fresh Apple Diced Peach Cup
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12	Soft Tacos Baked Beans Carrots Celery Fresh Orange Diced Pear Cup
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13	Beef Hot Dog on Bun Green Beans Red Pepper Strips Fresh Banana Applesauce
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14	Crispy Popcorn Chicken Whole Wheat Dinner Roll Fluffy Mashed Potatoes Buttered Corn Strawberry Cup Mixed Fruit
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15	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pear Cup
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18	Grilled Cheese Sandwich Tomato Soup Broccoli Buttered Corn Fresh Apple Diced Peach Cup
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Half Day for All Students. Lunch available in cafeteria

20	Cheeseburger Crispy Potato Puffs Green Beans Fresh Banana Applesauce
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21	Baked Chicken Tenders Whole Wheat Dinner Roll Cucumber Coins Buttered Corn Fresh Apple Mixed Fruit
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22	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pear Cup
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25	Whole Grain French Toast Turkey Sausage Patty Crispy Potato Puffs Broccoli Fresh Apple Diced Peach Cup
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26	Soft Tacos Baked Beans Carrots Celery Fresh Orange Diced Pear Cup
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27	Meatball Hero Sweet Corn Green Beans Fresh Banana Applesauce
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28	Chicken Sandwich Cucumber Coins Celery Strawberry Cup Mixed Fruit
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29	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pear Cup
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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.