

Welcome to our Lunch Cafe at...

Cohoes City Harmony Hill

May 2019



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.



6 Grilled Cheese Sandwich
 Homemade Lite Veggie Pasta Salad
 Green Beans
 Buttered Corn
 Fresh Apple
 Diced Peach Cup



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

8 Meatball Hero
 Steamed Carrots
 Green Beans
 Mixed Fruit
 Fresh Banana

9 Baked Chicken Tenders
 Whole Wheat Bread
 Crispy Potato Puffs
 Buttered Corn
 Mixed Berry Cup
 Mixed Fruit

10 Cheese Pizza
 Steamed Carrots
 Side Salad
 Diced Peach Cup
 Diced Pear Cup



13 Mozzarella Sticks
 Tomato Sauce Dip
 Green Beans
 Buttered Corn
 Fresh Apple
 Diced Peach Cup



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

15 Cheeseburger
 Steamed Carrots
 Green Beans
 Mixed Fruit
 Fresh Banana

16 Chicken Nuggets
 Whole Wheat Bread
 Crispy Potato Puffs
 Buttered Corn
 Mixed Berry Cup
 Mixed Fruit

17 Cheese Pizza
 Steamed Carrots
 Side Salad
 Diced Peach Cup
 Diced Pear Cup

20 Grilled Cheese Sandwich
 Homemade Lite Veggie Pasta Salad
 Green Beans
 Buttered Corn
 Fresh Apple
 Diced Peach Cup

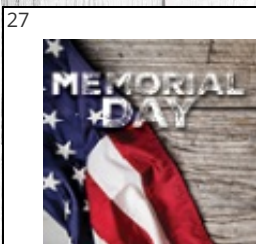


21 Nachos Grande
 Baked Beans
 Carrots
 Celery
 Fresh Orange
 Diced Pear Cup

22 Sloppy Joe on a Bun
 Steamed Carrots
 Green Beans
 Fresh Banana
 Mixed Fruit

23 Crispy Chicken Sandwich
 Crispy Potato Puffs
 Buttered Corn
 Mixed Berry Cup
 Mixed Fruit

No School Contingency Day



No School Contingency Day

29 Beef Hot Dog on Bun
 Steamed Carrots
 Green Beans
 Sliced Peaches
 Fresh Apple

30 Chicken Nuggets
 Whole Wheat Bread
 Crispy Potato Puffs
 Buttered Corn
 Mixed Berry Cup
 Mixed Fruit

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



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



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

Sticker Day is May 8th

Lunch is Free to all Elementary Students

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.