

# Welcome to our Lunch Cafe at...

Cohoes City Harmony Hill

September 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.



<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5 Baked Chicken Tenders Whole Wheat Dinner Roll Crispy Potato Puffs Buttered Corn Fresh Strawberries Mixed Fruit</p>	<p>6 Cheese Pizza 🌱 🍷 Steamed Carrots Side Salad Diced Peach Cup Diced Pear Cup</p>
<p>9 Grilled Cheese Sandwich 🌱 Homemade Lite Veggie Pasta Salad Green Beans Buttered Corn Fresh Apple Diced Peach Cup</p> 	<p>10 Nachos Grande Baked Beans Carrots Celery Fresh Orange Diced Pear Cup</p>	<p>11 Meatball Hero Steamed Carrots Green Beans Mixed Fruit Fresh Banana</p>	<p>12 Chicken Nuggets Whole Wheat Bread Steamed Broccoli Crispy Potato Puffs Fresh Melon Cup Mixed Fruit</p>	<p>13 Cheese Pizza 🌱 🍷 Steamed Carrots Side Salad Diced Peach Cup Diced Pear Cup</p>
<p>16 Mozzarella Sticks 🌱 Tomato Sauce Dip Green Beans Buttered Corn Fresh Apple Diced Peach Cup</p> 	<p>17 Soft Tacos Baked Beans Carrots Celery Fresh Orange Diced Pear Cup</p>	<p>18 Cheeseburger Steamed Carrots Green Beans Mixed Fruit Fresh Banana</p>	<p>19 Baked Chicken Tenders Whole Wheat Dinner Roll Crispy Potato Puffs Buttered Corn Fresh Strawberries Mixed Fruit</p>	<p>20 Cheese Pizza 🌱 🍷 Steamed Carrots Side Salad Diced Peach Cup Diced Pear Cup</p>
<p>23 Grilled Cheese Sandwich 🌱 Homemade Lite Veggie Pasta Salad Green Beans Buttered Corn Fresh Apple Diced Peach Cup</p> 	<p>24 Nachos Grande Baked Beans Carrots Celery Fresh Orange Diced Pear Cup</p>	<p>25 Sloppy Joe on a Bun 🍷 Steamed Carrots Green Beans Fresh Banana Mixed Fruit</p>	<p>26 Crispy Chicken Sandwich Steamed Broccoli Crispy Potato Puffs Fresh Melon Cup Mixed Berry Cup</p>	<p>27 Cheese Pizza 🌱 🍷 Steamed Carrots Side Salad Diced Peach Cup Diced Pear Cup</p>
<p>30 Cheesy Stuffed Bread Sticks 🌱 Tomato Sauce Dip Green Beans Buttered Corn Fresh Apple Diced Peach Cup</p> 				



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease and obesity.



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

Sticker Day is Sept 12th

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.