

Welcome to our Lunch Cafe at...

Cohoes City High School

January 2019

MEATLESS MONDAY

Monday

HARVEST
of the MONTH



Tuesday

1 **Happy New Year 2019**

Wednesday

2 **Holiday Recess No School**

Thursday

3 Spicy Chicken Sandwich
Crispy Potato Puffs
Baked Beans
Mixed Fruit
Sliced Peaches

Friday

4 Famous Chili Cheese Fries
golden baked potato wedges topped with chili and cheese
Green Beans
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

7 Rainbow Grilled Cheese
General Tso's Chicken Rice Bowl
Sweet Corn
Steamed Broccoli
Applesauce
Diced Peach Cup



8 Nachos Grande
Baked Beans
Celery Sticks
Steamed Carrots
Fresh Orange
Diced Pear Cup

9 Baked Chicken Tenders
Whole Wheat Dinner Roll
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

10 Buffalo Chicken Wrap
Cucumber Coins
Celery Sticks
Pineapple Chunks
Mixed Fruit



11 Chicken Cheese Quesadilla
Side Salad
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

14 Mozzarella Sticks
Tomato Sauce Dip
Cheese Pizza
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup



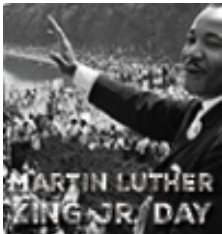
15 Chicken Delight Wrap
chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla
Baked Beans
Steamed Carrots
Celery
Fresh Orange
Diced Pear Cup

16 Chicken Bowl with Cheese
popcorn chicken layered with mashed potatoes and corn, covered in cheese
Green Beans
Sweet Corn
Fresh Banana
Applesauce

17 New Yorker Panini
turkey and cheddar panini, pressed with spicy brown mustard, tomatoes and bacon
Crispy Potato Puffs
Steamed Broccoli
Pineapple Chunks
Mixed Fruit

18 Buffalo Chicken Mac & Cheese
pasta in cheese sauce, topped with buffalo style chicken
Side Salad
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

21 **MARTIN LUTHER KING JR. DAY**



22 Nachos Grande
Baked Beans
Celery
Steamed Carrots
Fresh Orange
Diced Pear Cup

23 Baked Chicken Tenders
Whole Wheat Dinner Roll
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

24 Chicken Club Sandwich
Cucumber Coins
Celery Sticks
Pineapple Chunks
Mixed Fruit

25 Bacon Cheeseburger
Side Salad
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

28 Rainbow Grilled Cheese
General Tso's Chicken Rice Bowl
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup



29 Chicken Delight Wrap
chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla
Baked Beans
Steamed Carrots
Celery
Fresh Orange
Diced Pear Cup

30 Chicken Bowl with Cheese
popcorn chicken layered with mashed potatoes and corn, covered in cheese
Green Beans
Sweet Corn
Fresh Banana
Applesauce

31 New Yorker Panini
turkey and cheddar panini, pressed with spicy brown mustard, tomatoes and bacon
Steamed Broccoli
Pineapple Chunks
Mixed Fruit
Crispy Potato Puffs



Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



1% White, Skim and Fat Free Chocolate Milk available for each meal

Regents week is January 22nd through January 25th.
Lunch will be available for all students.

If you have any questions, please contact Brian Nolan, Food Service Director at 237-9100 ex 1411

Assorted Deli Sandwiches,
Chef Salads Yogurt Parfaits, Hamburgers, Cheeseburgers,
Chicken and Cheese Pizza Served Daily!
Romaine Salad offered daily.

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.