

Welcome to our Lunch Cafe at...

Cohoes City High School

December 2018

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.



3 **MEATLESS MONDAY**
Homemade Mac & Cheese
Whole Wheat Bread
Cheese Pizza
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup

4 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

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

6 **PRIDE OF NEW YORK**
Spicy Chicken Sandwich
Buttered Corn
Celery Sticks
Fresh Apple
Mixed Fruit

7 Famous Chili Cheese Fries
golden baked potato wedges topped with chili and cheese
Side Salad
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

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

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

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

13 Buffalo Chicken Wrap
Cucumber Coins
Celery Sticks
Fresh Green Grapes
Mixed Fruit

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

17 **MEATLESS MONDAY**
Cheese Quesadilla
Cheese Pizza
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup

18 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

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

20 New Yorker Panini
turkey and cheddar panini, pressed with spicy brown mustard, tomatoes and bacon
Steamed Broccoli
Buttered Corn
Fresh Strawberries
Mixed Fruit

21 Lemongrass Chicken
Side Salad
Brown Rice
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

24 Holiday Recess
No School



26 Holiday Recess
No School

27 Holiday Recess
No School

28 Holiday Recess
No School

31 Holiday Recess
No School



We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at www.Whitsons.com or scan the QR code.



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

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.