

Welcome to our Lunch Cafe at...

Cohoes City High School

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

4 Mozzarella Sticks 🍌
Tomato Sauce Dip
Tangerine Dream Chicken
Rice Bowl 🍌
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup
MEATLESS MONDAY

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

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


7 Buffalo Chicken Wrap 🍌
Cucumber Coins
Celery Sticks
Pineapple Cup
Mixed Fruit


8 Crispy Chicken Sandwich
Side Salad
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

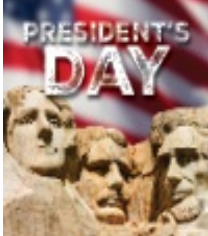
11 Cheese Quesadilla 🍌
Cheese Pizza 🍌
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup
MEATLESS MONDAY

12 Korean BBQ Chicken
chicken strips smothered in Korean BBQ sauce
Brown Rice
Baked Beans
Crispy Potato Puffs
Steamed Carrots
Fresh Orange
Diced Pear Cup

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

14 Pasta & Meat Sauce 🍌
Whole Wheat Dinner Roll
Steamed Broccoli
Buttered Corn
Fresh Apple
Mixed Fruit


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

18 

19 **Winter Recess No School**

20 Winter Recess No School

21 Winter Recess No School

22 Winter Recess No School

25 Stuffed Bread 🍌
Tomato Sauce Dip
Rainbow Grilled Cheese 🍌
Tomato Soup
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup
MEATLESS MONDAY

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

27 Chicken Nuggets
Whole Wheat Dinner Roll
Crispy Potato Puffs
Green Beans
Fresh Banana
Pineapple Cup

28 Buffalo Chicken Wrap 🍌
Cucumber Coins
Celery Sticks
Mixed Fruit
Applesauce

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



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.