

# Welcome to our Lunch Cafe at...

## Cohoes City High School

# March 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 Stuffed Bread 🍷  
Tomato Sauce Dip  
Korean BBQ Chicken  
Brown Rice Pilaf  
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  
Fresh Apple  
Mixed Fruit

8 Ruby's Chicken Cordon Bleu 🍷  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup

11 Mozzarella Sticks 🍷  
Tomato Sauce Dip  
Lemongrass Chicken  
Brown Rice Pilaf  
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 Tangerine Dream  
Chicken Rice Bowl  
*Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers* 🍷  
Steamed Broccoli  
Buttered Corn  
Fresh Apple  
Mixed Fruit

15 Buffalo Chicken Mac & Cheese 🍷  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup

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

19 **Half Day for All Students**

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

21 Buffalo Chicken Wrap 🍷  
Cucumber Coins  
Celery Sticks  
Fresh Apple  
Mixed Fruit

22 Chicken Club Sandwich  
*hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes* 🍷  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup

25 Mozzarella Sticks 🍷  
Tomato Sauce Dip  
Lemongrass Chicken  
Brown Rice Pilaf  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Diced Peach Cup  
  
**MEATLESS MONDAY**

26 Chicken Delight Wrap 🍷  
🍷  
Baked Beans  
Steamed Carrots  
Celery  
Fresh Orange  
Diced Pear Cup

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

28 Chicken Parmesan Sandwich  
Steamed Broccoli  
Buttered Corn  
Fresh Apple  
Mixed Fruit

29 Buffalo Chicken Mac & Cheese 🍷  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



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.