

Welcome to our Lunch Cafe at...

Cohoes City High School

May 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.



6 Stuffed Bread Tomato Sauce Dip Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup



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

8 Baked Chicken Tenders Whole Wheat Dinner Roll Crispy Potato Puffs Green Beans Fresh Banana Mixed Fruit

9 Lemongrass Chicken Sweet Corn Cucumber Coins Fresh Apple Mixed Fruit



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

13 Mozzarella Sticks Tomato Sauce Dip Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup



14 Walking Taco Baked Beans Steamed Carrots Celery Fresh Orange Diced Pear Cup

15 Chicken Bowl with Cheese *popcorn chicken layered with mashed potatoes and corn, covered in cheese* Green Beans Sweet Corn Fresh Banana Mixed Fruit

16 General Tso's Chicken Wrap *grilled chicken, julienned carrots and lettuce on tortilla wrap spread with General Tso's sauce* Sweet Corn Cucumber Coins Fresh Apple Mixed Fruit

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

20 Cheese Quesadilla Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup

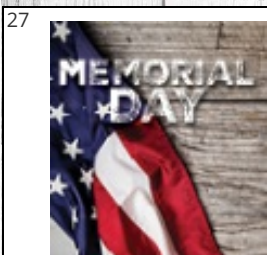


21 Nachos Grande Baked Beans Celery Sticks Steamed Carrots Fresh Orange Diced Pear Cup

22 Baked Chicken Tenders Whole Wheat Dinner Roll Crispy Potato Puffs Green Beans Fresh Banana Mixed Fruit

23 Korean BBQ Wrap Sweet Corn Cucumber Coins Fresh Apple Mixed Fruit

Contingency Day No School



Contingency Day No School

29 Chicken Bowl with Cheese *popcorn chicken layered with mashed potatoes and corn, covered in cheese* Green Beans Sweet Corn Fresh Banana Mixed Fruit

30 Chicken Parmesan Sandwich Buttered Corn Cucumber Coins Fresh Apple Mixed Fruit

31 Chicken Club Sandwich Side Salad Steamed Broccoli Diced Peach Cup Diced Pear Cup



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



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

Full Price Lunch is \$2.90
Reduced Lunch is \$0.25

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.