

# Welcome to our Lunch Cafe at...

Cohoes City Van Schaick Elem

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 Cheese Pizza (V) (P)  
Side Salad  
Broccoli  
Diced Peach Cup  
Diced Pear Cup

4 Grilled Cheese Sandwich (V)  
Tomato Soup  
Broccoli  
Buttered Corn  
Fresh Apple  
Diced Peach Cup

MEATLESS MONDAY

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

6 Meatball Hero (P) (N)  
Crispy Potato Puffs  
Green Beans  
Fresh Banana  
Applesauce

7 Chicken Sandwich  
Cucumber Coins  
Celery  
Strawberry Cup  
Mixed Fruit

8 Cheese Pizza (V) (P)  
Side Salad  
Broccoli  
Diced Peach Cup  
Diced Pear Cup

11 Mozzarella Sticks (V)  
Tomato Sauce Dip  
Broccoli  
Buttered Corn  
Fresh Apple  
Diced Peach Cup

MEATLESS MONDAY

12 Soft Tacos  
Baked Beans  
Carrots  
Celery  
Fresh Orange  
Diced Pear Cup

13 Beef Hot Dog on Bun  
Green Beans  
Red Pepper Strips  
Fresh Banana  
Applesauce

14 Crispy Popcorn Chicken  
Whole Wheat Dinner Roll  
Fluffy Mashed Potatoes  
Buttered Corn  
Strawberry Cup  
Mixed Fruit

15 Cheese Pizza (V) (P)  
Side Salad  
Broccoli  
Diced Peach Cup  
Diced Pear Cup

18 Grilled Cheese Sandwich (V)  
Tomato Soup  
Broccoli  
Buttered Corn  
Fresh Apple  
Diced Peach Cup

MEATLESS MONDAY

19 Turkey & Cheese Sandwich  
Fresh Baby Carrots  
Fresh Apple

**Half Day for All Students. Lunch available in cafeteria**

20 Cheeseburger  
Crispy Potato Puffs  
Green Beans  
Fresh Banana  
Applesauce

21 Baked Chicken Tenders  
Whole Wheat Dinner Roll  
Cucumber Coins  
Buttered Corn  
Fresh Apple  
Mixed Fruit

22 Cheese Pizza (V) (P)  
Side Salad  
Broccoli  
Diced Peach Cup  
Diced Pear Cup

25 Whole Grain French Toast (V)  
Turkey Sausage Patty  
Crispy Potato Puffs  
Broccoli  
Fresh Apple  
Diced Peach Cup

MEATLESS MONDAY

26 Soft Tacos  
Baked Beans  
Carrots  
Celery  
Fresh Orange  
Diced Pear Cup

27 Meatball Hero (P) (N)  
Sweet Corn  
Green Beans  
Fresh Banana  
Applesauce

28 Chicken Sandwich  
Cucumber Coins  
Celery  
Strawberry Cup  
Mixed Fruit

29 Cheese Pizza (V) (P)  
Side Salad  
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 offered with every meal

Lunch is free to all Cohoes Elementary Students. Assorted Deli Sandwiches, Chef Salads and Yogurt Parfaits with Granola and Fruit served weekly. Romaine Salad served as a daily vegetable option. If you have any questions, please contact Brian Nolan, Food Service Director at 237-9100 x 1411

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.