

# Welcome to our Lunch Cafe at...

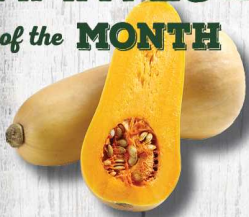
## Cohoes Middle School

# January 2019

**MEATLESS MONDAY**

Monday

**HARVEST**  
of the **MONTH**



Tuesday

1 **Happy New Year 2019**

Wednesday

2 **Holiday Recess No School**

Thursday

3 Spicy Chicken Sandwich  
Crispy Potato Puffs  
Baked Beans  
Mixed Fruit  
Sliced Peaches

Friday

4 Famous Chili Cheese Fries 🍷  
Green Beans  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup


7 Rainbow Grilled Cheese 🍷  
General Tso's Chicken  
Rice Bowl 🍷  
Sweet Corn  
Steamed Broccoli  
Applesauce  
Diced Peach Cup

**MEATLESS MONDAY**

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

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

10 Buffalo Chicken Wrap 🍷  
Cucumber Coins  
Celery Sticks  
Pineapple Chunks  
Mixed Fruit



11 Beef Hot Dog on Bun  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup

14 Mozzarella Sticks 🍷  
Tomato Sauce  
Cheese Pizza 🍷  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Diced Peach Cup

**MEATLESS MONDAY**

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

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

17 Philly Cheese Steak  
*thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house* 🍷  
Crispy Potato Puffs  
Buttered Corn  
Pineapple Chunks  
Mixed Fruit

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

21   
**MARTIN LUTHER KING JR. DAY**

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

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

24 Chicken Club Sandwich 🍷  
Cucumber Coins  
Celery Sticks  
Pineapple Chunks  
Mixed Fruit

25 Beef and Cheese Quesadilla 🍷  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup

28 Stuffed Bread 🍷  
Tomato Sauce  
Cheese Pizza 🍷  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Diced Peach Cup

**MEATLESS MONDAY**

29 Honey Mustard Chicken Wrap 🍷  
Baked Beans  
Steamed Carrots  
Celery  
Fresh Orange  
Diced Pear Cup

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

31 Bacon Cheeseburger 🍷  
Steamed Broccoli  
Buttered Corn  
Pineapple Chunks  
Mixed Fruit

  
Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



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.