

# Welcome to our Lunch Cafe at...

## Cohoes Middle School

# December 2018

**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.



3 **MEATLESS MONDAY**  
Homemade Mac & Cheese 🌱🥘  
Whole Wheat Bread  
Cheese Pizza 🌱🥘  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Diced Peach Cup

4 Chicken Delight Wrap  
*chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla* 🥘  
Baked Beans  
Steamed Carrots  
Celery  
Fresh Orange  
Diced Pear Cup

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

6 **PRIDE OF NEW YORK**  
Spicy Chicken Sandwich  
Buttered Corn  
Celery Sticks  
Fresh Apple  
Mixed Fruit

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

10 **MEATLESS MONDAY**  
Rainbow Grilled Cheese 🌱  
General Tso's Chicken  
Rice Bowl 🥘  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Diced Peach Cup

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

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

13 Buffalo Chicken Wrap 🥘  
Cucumber Coins  
Celery Sticks  
Fresh Green Grapes  
Mixed Fruit

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

17 **MEATLESS MONDAY**  
Cheese Quesadilla 🌱  
Cheese Pizza 🌱🥘  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Diced Peach Cup

18 Chicken Delight Wrap  
*chicken and cheese with lettuce, tomato and ranch dressing wrapped in a tortilla* 🥘  
Baked Beans  
Steamed Carrots  
Celery  
Fresh Orange  
Diced Pear Cup

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

20 New Yorker Panini  
*turkey and cheddar panini, pressed with spicy brown mustard, tomatoes and bacon* 🥘  
Steamed Broccoli  
Buttered Corn  
Fresh Strawberries  
Mixed Fruit

21 Lemongrass Chicken  
Side Salad  
Brown Rice  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup

24 Holiday Recess  
No School



26 Holiday Recess  
No School

27 Holiday Recess  
No School

28 Holiday Recess  
No School

31 Holiday Recess  
No School



We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan the QR code.



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.