

# Welcome to our Lunch Cafe at...

## Cohoes Middle School

# February 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 Mozzarella Sticks 🍌  
Tomato Sauce Dip  
Tangerine Dream Chicken  
Rice Bowl 🍌  
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  
Pineapple Cup  
Mixed Fruit  


8 Crispy Chicken Sandwich  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup

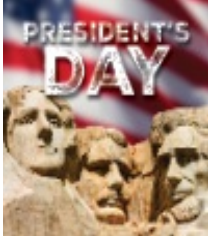
11 Cheese Quesadilla 🍌  
Cheese Pizza 🍌 🍌  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Diced Peach Cup  
**MEATLESS MONDAY**

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 Pasta & Meat Sauce 🍌 🍌  
Whole Wheat Dinner Roll  
Steamed Broccoli  
Buttered Corn  
Fresh Apple  
Mixed Fruit  


15 Buffalo Chicken Mac & Cheese  
*pasta in cheese sauce, topped with buffalo style chicken* 🍌  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pear Cup

18 

19 **Winter Recess No School**

20 Winter Recess No School

21 Winter Recess No School

22 Winter Recess No School

25 Stuffed Bread 🍌  
Tomato Sauce Dip  
Rainbow Grilled Cheese 🍌  
Tomato Soup  
Steamed Broccoli  
Red Pepper Strips  
Fresh Apple  
Diced Peach Cup  
**MEATLESS MONDAY**

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

27 Chicken Nuggets  
Whole Wheat Dinner Roll  
Crispy Potato Puffs  
Green Beans  
Fresh Banana  
Pineapple Cup

28 Buffalo Chicken Wrap 🍌  
Cucumber Coins  
Celery Sticks  
Mixed Fruit  
Applesauce



All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



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.