

Welcome to our Lunch Cafe at...

Cohoes Middle School

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 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 🍷
Korean BBQ Chicken
Brown Rice Pilaf
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
Strawberry Cup
Mixed Fruit

8 Chicken Parmesan 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 Soft Tacos
Baked Beans
Steamed Carrots
Celery
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 Jumpin Jack Burger Wrap
burger topped with salsa and cheddar cheese wrapped in a tortilla 🍌
Green Beans
Roasted Butternut Squash
Strawberry Cup
Mixed Fruit

15 Bacon Cheeseburger 🍌
Side Salad
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

18 Mozzarella Sticks 🍷
Tomato Sauce Dip 🍷
Crispy Chicken Sandwich
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup

MEATLESS MONDAY

19 **Half Day for All Students**

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

21 Crunch Wrap Taco
fiesta-style meat with melted cheese arranged in a hard taco shell surrounded by a tortilla
Cucumber Coins
Celery Sticks
Strawberry Cup
Mixed Fruit

22 Beef and Cheese Quesadilla 🍌
Side Salad
Steamed Broccoli
Diced Peach Cup
Diced Pear Cup

25 Rainbow Grilled Cheese 🍷
Tomato Soup
Cheese Pizza 🍷
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup

MEATLESS MONDAY

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

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

28 Jumpin Jack Burger Wrap
burger topped with salsa and cheddar cheese wrapped in a tortilla 🍌
Green Beans
Roasted Butternut Squash
Strawberry Cup
Mixed Fruit

29 Famous Chili Cheese Fries
golden baked potato wedges topped with chili and cheese 🍌
🍌
Side Salad
Steamed 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 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.