

Welcome to our Lunch Cafe at...

Cohoes Middle School

May
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.




6 Mozzarella Sticks
Tomato Sauce Dip
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup



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

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

9 Buffalo Chicken Wrap
Cucumber Coins
Celery Sticks
Strawberry Cup
Mixed Fruit



10 Chicken Parmesan Sandwich
Side Salad
Steamed Carrots
Diced Peach Cup
Diced Pear Cup

13 Cheese Quesadilla
Steamed Broccoli
Red Pepper Strips
Fresh Apple
Diced Peach Cup



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

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

16 Chicken Ranch Wrap
Steamed Broccoli
Steamed Carrots
Strawberry Cup
Mixed Fruit

17 Bacon Cheeseburger
Side Salad
Steamed Carrots
Diced Peach Cup
Diced Pear Cup

20 Whole Grain French Toast
Turkey Sausage Patty
Crispy Potato Puffs
Steamed Broccoli
Fresh Apple
Diced Peach Cup




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

22 Chicken Nuggets
Whole Wheat Dinner Roll
Crispy Potato Puffs
Green Beans
Fresh Banana
Applesauce

23 Korean BBQ Wrap
Cucumber Coins
Celery Sticks
Strawberry Cup
Mixed Fruit

No School Contingency Day

27



No School Contingency Day

29 Crispy Popcorn Chicken
Whole Wheat Dinner Roll
Crispy Potato Puffs
Green Beans
Fresh Apple
Sliced Peaches

30 Buffalo Chicken Wrap
Cucumber Coins
Celery Sticks
Strawberry Cup
Mixed Fruit

31 Chicken Parmesan Sandwich
Side Salad
Steamed Carrots
Diced Peach Cup
Diced Pear Cup



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



1% White, Skim and Fat Free Chocolate Milk available for each meal

Lunch is Free to all Middle School Students.

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.