

Welcome to our Lunch Cafe at...

Cohoes Middle School

September 2019

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.



<p>2</p>	<p>3</p>	<p>4</p>	<p>5</p> <p>Bacon Cheeseburger Steamed Broccoli Sweet Corn Mixed Fruit Fresh Strawberries</p>	<p>6</p> <p>Famous Chili Cheese Fries 🍷🍷 Side Salad Steamed Carrots Diced Peach Cup Diced Pear Cup</p>
<p>9</p> <p>Mozzarella Sticks 🍋 Tomato Sauce Dip Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup</p>	<p>10</p> <p>Soft Tacos Baked Beans Steamed Carrots Celery Fresh Orange Diced Pear Cup</p>	<p>11</p> <p>Baked Chicken Tenders Whole Wheat Dinner Roll Crispy Potato Puffs Green Beans Fresh Banana Applesauce</p>	<p>12</p> <p>Buffalo Chicken Wrap 🍷 Cucumber Coins Celery Sticks Fresh Melon Cup Mixed Fruit</p>	<p>13</p> <p>Chicken Parmesan Sandwich Side Salad Steamed Carrots Diced Peach Cup Diced Pear Cup</p>
<p>16</p> <p>Cheese Quesadilla Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup</p>	<p>17</p> <p>Nachos Grande Baked Beans Celery Sticks Steamed Carrots Fresh Orange Diced Pear Cup</p>	<p>18</p> <p>Chicken Bowl with Cheese <i>popcorn chicken layered with mashed potatoes and corn, covered in cheese</i> 🍷 Green Beans Sweet Corn Fresh Banana Applesauce</p>	<p>19</p> <p>Chicken Ranch Wrap 🍷🍷 Steamed Broccoli Steamed Carrots Strawberry Cup Mixed Fruit</p>	<p>20</p> <p>Bacon Cheeseburger Side Salad Steamed Carrots Diced Peach Cup Diced Pear Cup</p>
<p>23</p> <p>Whole Grain French Toast 🍋 Turkey Sausage Patty Crispy Potato Puffs Steamed Broccoli Fresh Apple Diced Peach Cup</p>	<p>24</p> <p>Soft Tacos Baked Beans Steamed Carrots Celery Fresh Orange Diced Pear Cup</p>	<p>25</p> <p>Chicken Nuggets Whole Wheat Dinner Roll Crispy Potato Puffs Green Beans Fresh Banana Applesauce</p>	<p>26</p> <p>Bacon Cheeseburger Steamed Broccoli Sweet Corn Fresh Melon Cup Mixed Fruit</p>	<p>27</p> <p>Famous Chili Cheese Fries 🍷🍷 Side Salad Steamed Carrots Diced Peach Cup Diced Pear Cup</p>
<p>30</p> <p>Cheesy Stuffed Bread Sticks 🍋 Tomato Sauce Dip Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup</p>				



Whitsons is offering Meatless Monday options! Studies have shown that increasing the amount of plant based proteins in your diet may reduce the risk of chronic preventable conditions such as cancer, cardiovascular disease and obesity.



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

Lunch is Free to all 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.