

Welcome to our Lunch Cafe @ Cohoes City High School

December 2017

Monday

Tuesday

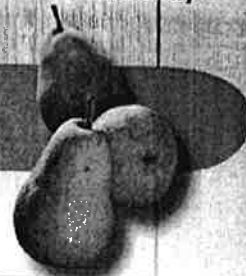
Wednesday

Thursday

Friday



We proudly support clean, organic local and sustainable agriculture.



1	Fish Sandwich Deli Style Coleslaw Tator Tots Diced Peach Cup Diced Pears
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4	Chicken Parm Sandwich Steamed Broccoli Red Pepper Strips Fresh Red Delicious Apple Diced Peach Cup
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5	Early Dismissal No Lunch Served
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6	Popcorn Chicken Whole Wheat Bread Mashed Potatoes Carrots Baked Beans Fresh Banana Applesauce
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7	Grilled Cheese Tomato Soup Cucumber Coins Celery Sticks Fresh Red Delicious Apple Mixed Fruit
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8	Bacon Cheeseburger Side Salad Tator Tots Diced Peach Cup Diced Pears
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11	Rainbow Grilled Cheese <i>grilled cheese sandwich made with American and mozzarella cheeses</i> Tomato Soup Corn Carrot Sticks Fresh Red Delicious Apple Diced Peach Cup
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12	Deli Bar Buffalo Chicken Wrap Baked Beans Cucumber Coins Fresh Orange Diced Pears
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13	Boston's Favorite Panini <i>turkey breast, ham and Swiss with lettuce and tomato grilled to perfection</i> Tator Tots Red Pepper Strips Fresh Banana Applesauce
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14	Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Mashed Potatoes Buttered Corn Fresh Red Delicious Apple Mixed Fruit Holiday Lunch
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15	Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken and garnished with parsley</i> Side Salad Green Beans Diced Peach Cup Diced Pears
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18	General Tso's Chicken <i>crispy chicken with broccoli in General Tso's sauce</i> With Brown Rice And Steamed Broccoli Red Pepper Strips Fresh Red Delicious Apple Diced Peach Cup
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19	Deli Bar Nachos Grande Carrots Green Beans Fresh Orange Diced Pears
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20	Chicken Tenders Whole Wheat Bread Mashed Potatoes Carrots Baked Beans Fresh Banana Applesauce
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21	Jumpin Jack Burger Wrap <i>burger topped with salsa and cheddar cheese wrapped in a tortilla</i> Baked Beans Cucumber Coins Celery Sticks Fresh Red Delicious Apple Mixed Fruit
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22	Philly Cheese Sandwich Tator Tots Side Salad Diced Peach Cup Diced Pears
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25	Christmas Day 
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26	Kwanzaa
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27	Holiday Recess No School
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28	Holiday Recess No School
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29	Holiday Recess No School
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SIMPLY ROOTED™ in food and family

Our chicken products were raised without the use of non-therapeutic antibiotics. Plus, all of our chicken and pork products are hormone free. This is because we are Simply Rooted™ in food



and family and use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



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

December 5th is Early Dismissal for all Students at Cohoes

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

*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.