

Welcome to our Lunch Cafe @

Cohoes Middle School

December 2017

Monday

Tuesday

Wednesday

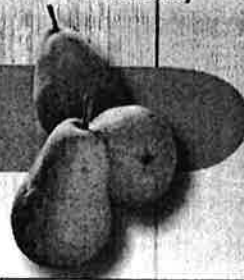
Thursday

Friday




We proudly support clean, organic local and sustainable agriculture.

HARVEST
of the MONTH



1	Fish Sandwich Deli Style Coleslaw Tator Tots Diced Pears Sliced Peaches
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4	Chicken Sandwich Corn Broccoli Fresh Red Delicious Apple Sliced Peaches	5	Early Dismissal No Lunch Served	6	Popcorn Chicken Whole Wheat Bread Baked Beans Side of Carrots Mashed Potatoes Applesauce Fresh Banana	7	Grilled Cheese Tomato Soup Celery Sticks Cucumber Coins Mixed Fruit Fresh Red Delicious Apple	8	Bacon Cheeseburger Side Salad Tator Tots Diced Pears Sliced Peaches
11	Chicken Nuggets Whole Wheat Bread Corn Broccoli Fresh Red Delicious Apple Sliced Peaches	12	Soft Taco Green Beans Red Pepper Strips Diced Pears Fresh Orange	13	Chicken Tenders Whole Wheat Bread Baked Beans Side of Carrots Celery Sticks Applesauce Fresh Banana	14	Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Whole Wheat Dinner Roll Mashed Potatoes Corn Mixed Fruit Fresh Red Delicious Apple	15	Buffalo Chicken Mac & Cheese <i>pasta in cheese sauce, topped with buffalo style chicken and garnished with parsley</i> Side Salad Broccoli Diced Pears Sliced Peaches
18	Chicken Parm Sandwich <i>chicken patty topped with melted cheese and tomato sauce on a roll</i> Corn Broccoli Fresh Red Delicious Apple Sliced Peaches	19	Nachos Grande Green Beans Red Pepper Strips Diced Pears Fresh Orange	20	Popcorn Chicken Whole Wheat Bread Baked Beans Side of Carrots Mashed Potatoes Applesauce Fresh Banana	21	Meatball Parmesan Sandwich Celery Sticks Cucumber Coins Mixed Fruit Fresh Red Delicious Apple	22	Philly Cheese Sandwich Side Salad Tator Tots Diced Pears Sliced Peaches
25	Christmas Day 	26	Kwanzaa	27	Holiday Recess	28	Holiday Recess	29	Holiday Recess

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.



Full Paid Lunch is \$2.85

Reduced Lunch is \$0.25

1% White, Skim and Fat Free Chocolate Milk is available with each Meal

December 5th is Early Dismissal for All Students

Cheeseburgers, Hamburgers, Chicken, Pizza,

Deli Sandwiches, Chef Salads and Yogurt Parfait with Fruit and Granola offered daily.

Romaine Salad Mix is available as an additional vegetable options daily.

If you have any questions, please contact Brian Nolan Food Service Director 237-9100 x 1411

*Consuming raw or undercooked 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.