

Welcome to our Lunch Cafe @

Cohoes City Harmony Hill

December 2017

Monday

Tuesday

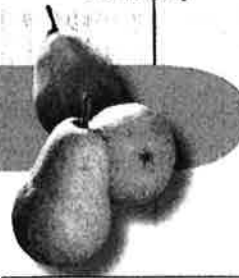
Wednesday

Thursday

Friday



We proudly support clean, organic local and sustainable agriculture.



VEGETARIAN
 MADE WITH ORGANIC INGREDIENTS
 MADE WITH ALL NATURAL INGREDIENTS
 PORK
 VEGAN

1	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears
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4	Crispy Chicken Sandwich Broccoli Red Pepper Strips Fresh Red Delicious Apple Diced Peach Cup	5	Early Dismissal 11:30	6	Beef Hot Dog on Bun Carrots Baked Beans Tator Tots Fresh Banana Mixed Fruit	7	Grilled Cheese Tomato Soup Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit	8	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears
11	Chicken Nuggets Whole Wheat Bread Broccoli Green Beans Fresh Red Delicious Apple Diced Peach Cup	12	Soft Taco Baked Beans Carrots Celery Fresh Orange Diced Pears	13	Cheeseburger Green Beans Red Pepper Strips Fresh Banana Applesauce	14	Roasted Turkey with Gravy Whole Wheat Dinner Roll Mashed Potatoes Buttered Corn Fresh Red Delicious Apple Mixed Fruit	15	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears
18	Crispy Chicken Sandwich Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup	19	Nachos Grande Green Beans Red Pepper Strips Fresh Orange Diced Pears	20	Chicken Nuggets Whole Wheat Bread Carrots Baked Beans Mashed Potatoes Fresh Banana Mixed Fruit	21	Mac & Cheese Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit	22	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears
25	Christmas Day No School	26	Kwanzaa Holiday Recess	27	No School Holiday Recess	28	No School Holiday Recess	29	No School 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.



1% White, Skim and Fat Free Chocolate Milk offered with every meal

Sticker Day is Thursday December 7th.

Lunch is free to all Cohoes Elementary Students. Assorted Deli Sandwiches, Chef Salads and Yogurt Parfaits with Granola and Fruit served daily. Romaine Salad served as a daily vegetable option. If you have any questions, please contact Brian Nolan,

Food Service Director at 237-9100 x 1411

*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.