

# Welcome to our Lunch Cafe @

Cohoes City Abram Lansing

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday

Happy New Year  
2018

Whitson's  
Have a Safe and  
Healthy New Year!

**HARVEST**  
of the  
MONTH



We proudly support clean,  
organic, local and  
sustainable agriculture.

5	Crispy Chicken Sandwich Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup	6	Nachos Grande Carrots Celery Fresh Orange Diced Pears	7	Beef Hot Dog on Bun Baked Beans Red Pepper Strips Tator Tots Fresh Banana Mixed Fruit	8	Grilled Cheese Tomato Soup Cucumber Coins Buttered Corn Fresh Red Delicious Apple Mixed Fruit	9	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears
12	Chicken Nuggets Whole Wheat Bread Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup	13	Soft Taco Baked Beans Carrots Celery Fresh Orange Diced Pears	14	Cheeseburger Green Beans Red Pepper Strips Fresh Banana Applesauce	15	Chicken Tenders Whole Wheat Bread Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit	16	Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears
19	Presidents Day No School	20	Winter Break	21	Winter Break	22	Winter Break	23	Winter Break
26	Crispy Chicken Sandwich Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup	27	Nachos Grande Baked Beans Carrots Celery Fresh Orange Diced Pears	28	Cheeseburger Tator Tots Red Pepper Strips Fresh Banana Applesauce				

**SIMPLY ROOTED™**  
in food and family

At Whitson's we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply

Rooted™ in food and family

and we care. Our ingredients 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, February 8th

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

VEGETARIAN

MADE WITH ALL NATURAL INGREDIENTS

PORK

VEGAN

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.