

# Welcome to our Lunch Cafe @ Cohoes City High School

February 2018

Monday

Tuesday

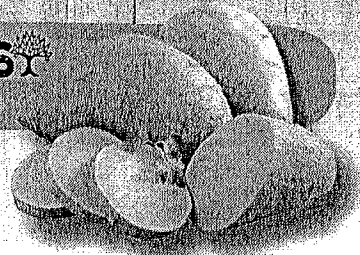
Wednesday

Thursday

Friday



**HARVEST**  
MONTH



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

1 Philly Cheese Sandwich  
Buttered Corn  
Baked Beans  
Celery Sticks  
Fresh Red Delicious Apple  
Mixed Fruit

2 Grilled Cheese with Bacon  
Tomato Soup  
Steamed Broccoli  
Cucumber Coins  
Diced Peach Cup  
Diced Pears

5 Soy Ginger Chicken Wrap  
*baked chicken in a soy ginger sauce wrapped in a tortilla*  
Steamed Broccoli  
Red Pepper Strips  
Fresh Red Delicious Apple  
Diced Peach Cup

6 Smokehouse Chicken Sandwich\*  
*bbq chicken breast strips with lettuce, tomato and cheddar on a roll*  
Baked Beans  
Cucumber Coins  
Fresh Orange  
Diced Pears

7 Popcorn Chicken  
Whole Wheat Bread  
Mashed Potatoes  
Carrots  
Fresh Banana  
Applesauce

8 Southwest Turkey Griller  
*grilled cheese with turkey breast, melted mozzarella, melted provolone and fresh salsa*  
Cucumber Coins  
Celery Sticks  
Fresh Red Delicious Apple  
Mixed Fruit

9 Bacon Cheeseburger  
Side Salad  
Steamed Broccoli  
Diced Peach Cup  
Diced Pears

12 Teriyaki Chicken Wrap  
*tender Teriyaki chicken breast, lettuce, tomato and mayo on a whole wheat wrap*  
Steamed Broccoli  
Red Pepper Strips  
Fresh Red Delicious Apple  
Diced Peach Cup

13 Buffalo Chicken Wrap  
Baked Beans  
Cucumber Coins  
Fresh Orange  
Diced Pears

14 Boston's Favorite Panini  
*turkey breast, ham and Swiss with lettuce and tomato grilled to perfection*  
Tator Tots  
Red Pepper Strips  
Fresh Banana  
Applesauce

15 Chicken Tagine  
*chicken in a tagine sauce with avocado over quinoa*  
Steamed Broccoli  
Buttered Corn  
Fresh Red Delicious Apple  
Mixed Fruit

16 Buffalo Chicken Mac & Cheese  
*pasta in cheese sauce, topped with buffalo style chicken and garnished with parsley*  
Side Salad  
Green Beans  
Diced Peach Cup  
Diced Pears

19 Presidents Day  
No School

20 Winter Break

21 Winter Break

22 Winter Break

23 Winter Break

26 Chicken Parm Sandwich  
Steamed Broccoli  
Red Pepper Strips  
Fresh Red Delicious Apple  
Diced Peach Cup

27 Italian Stallion Panini  
*pepperoni, ham, mozzarella and lettuce on panini bread*  
Baked Beans  
Cucumber Coins  
Fresh Orange  
Diced Pears

28 Ranch & Chicken Quesadilla  
*fiesta chicken, mozzarella and ranch dressing melted into a tortilla*  
Tator Tots  
Carroteenles  
Fresh Banana  
Applesauce

**SIMPLY ROOTED™**  
*in food and family*

At Whitsons 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 available for each meal

If you have any questions, please contact Brian Nolan, Food Service Director at 237-9101 ex 1411

Assorted Deli Sandwiches,  
Chef Salads, Yogurt Parfaits, Hamburgers,  
Cheeseburgers, Chicken and Cheese Pizza  
Served Daily!  
Romaine Salad offered daily

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.