

Welcome to our Lunch Cafe @

Cohoes Middle School

February 2018

Monday

Tuesday

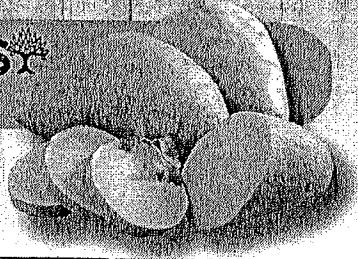
Wednesday

Thursday

Friday



HARVEST
MONTH



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

5	Chicken Sandwich Corn Broccoli Fresh Red Delicious Apple Sliced Peaches	6	Nachos Grande Baked Beans Side of Carrots Celery Sticks Diced Pears Fresh Orange	7	Chicken Tenders Red Pepper Strips Tator Tots Mixed Fruit Fresh Banana	8	Southwest Turkey Griller <i>grilled cheese with turkey breast, melted mozzarella, melted provolone and fresh salsa</i> Celery Sticks Cucumber Coins Mixed Fruit Fresh Red Delicious Apple	9	Bacon Cheeseburger Side Salad Broccoli Diced Pears Sliced Peaches
12	Chicken Nuggets Whole Wheat Bread Corn Broccoli Fresh Red Delicious Apple Sliced Peaches	13	Soft Taco Baked Beans Green Beans Celery Sticks Diced Pears Fresh Orange	14	Popcorn Chicken Whole Wheat Bread Mashed Potatoes Red Pepper Strips Applesauce Fresh Banana	15	Jumpin Jack Burger Wrap <i>burger topped with salsa and cheddar cheese wrapped in a tortilla</i> Side of Carrots Corn Mixed Fruit Fresh Red Delicious Apple	16	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
19	Presidents Day No School	20	Winter Break	21	Winter Break	22	Winter Break	23	Winter Break
26	Chicken Sandwich Corn Broccoli Fresh Red Delicious Apple Sliced Peaches	27	Nachos Grande Baked Beans Green Beans Red Pepper Strips Diced Pears Fresh Orange	28	Popcorn Chicken Whole Wheat Bread Mashed Potatoes Red Pepper Strips Applesauce Fresh Banana				

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.



Full Paid Lunch is \$2.85
Reduced Lunch is \$0.25

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

Sticker Day is February 8th
See Cafeteria for Details

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 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.