

# Welcome to our Lunch Cafe @

Cohoes City Van Schaick Elem

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday

Happy New Year  
2018

Let's Have a Safe and  
Healthy New Year!

**HARVEST**  
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 Chicken Tenders Whole Wheat Bread Cucumber Coins Celery 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 Popcorn Chicken Mashed Potatoes Buttered Corn 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 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 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.