

# Welcome to our Lunch Cafe @

Cohoes City Abram Lansing

November 2017

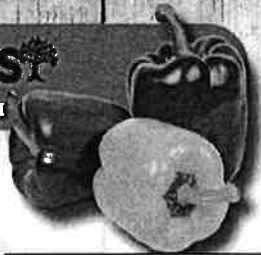
Monday

Tuesday

Wednesday

Thursday

Friday



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

		<p>1 Popcorn Chicken Whole Wheat Dinner Roll Carrots Mashed Potatoes Fresh Banana Mixed Fruit</p>	<p>2 Beef Hot Dog on Bun Baked Beans Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit</p>	<p>3 Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears</p>
<p>6 Nachos Grande Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>7 Election Day No School</p>	<p>8 Chicken Tenders Whole Wheat Dinner Roll Carrots Baked Beans Mashed Potatoes Fresh Banana Mixed Fruit</p>	<p>9 Meatball Parmesan Sandwich Whole Wheat Dinner Roll Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit</p>	
<p>13 Chicken Nuggets Whole Wheat Dinner Roll Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>14 French Toast Sausage Patty Tator Tots Carrots Fresh Orange Diced Pears</p>	<p>15 Cheeseburger Green Beans Baked Beans Red Pepper Strips Fresh Banana Applesauce</p>	<p>16 Roasted Turkey with Gravy Whole Wheat Dinner Roll Mashed Potatoes Buttered Corn Fresh Red Delicious Apple Mixed Fruit Thanksgiving Lunch</p>	<p>17 Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears</p>
<p>20 Crispy Chicken Sandwich Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>21 Nachos Grande Green Beans Red Pepper Strips Fresh Orange Diced Pears</p>	<p>22 Thanksgiving Recess No School</p>		<p>24 Thanksgiving Recess No School</p>
<p>27 Chicken Nuggets Whole Wheat Dinner Roll Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>28 French Toast Sausage Patty Carrots Tator Tots Fresh Orange Diced Pears</p>	<p>29 Popcorn Chicken Whole Wheat Dinner Roll Carrots Mashed Potatoes Fresh Banana Mixed Fruit</p>	<p>30 Grilled Cheese Tomato Soup Baked Beans Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit</p>	

## SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. 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

November 6th is National Nacho Day!  
Sticker Day is Thursday  
November 15th

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 undercooked 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. USDA is an equal opportunity provider, employer, and lender.