

# Welcome to our Lunch Cafe @

## Cohoes City High School

### November 2017

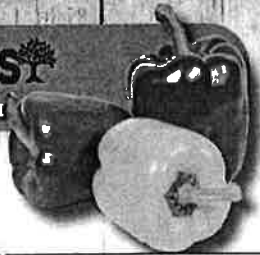
Monday

Tuesday

Wednesday

Thursday

Friday



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

6 Nachos Grande  
Steamed Broccoli  
Red Pepper Strips  
Fresh Red Delicious Apple  
Diced Peach Cup

7 Election Day  
No School

8 Chicken Tenders  
Whole Wheat Dinner Roll  
Philly Cheese Sandwich  
Sausage Pizza  
Mashed Potatoes  
Carrots  
Fresh Banana  
Applesauce

9 Jumpin Jack Burger Wrap  
*burger topped with salsa and cheddar cheese wrapped in a tortilla*  
Baked Beans  
Cucumber Coins  
Celery Sticks  
Fresh Red Delicious Apple  
Mixed Fruit



13 Rainbow Grilled Cheese  
*grilled cheese sandwich made with American and mozzarella cheeses*  
Tomato Soup  
Corn  
Carrot Sticks  
Fresh Red Delicious Apple  
Diced Peach Cup

14 Deli Bar  
Buffalo Chicken Wrap  
Baked Beans  
Cucumber Coins  
Diced Pears

15 Chicken Parm Sandwich  
Tator Tots  
Red Pepper Strips  
Fresh Banana  
Applesauce

16 Roasted Turkey with Gravy  
Mashed Potatoes  
Buttered Corn  
Fresh Red Delicious Apple  
Mixed Fruit

17 Popcorn Chicken  
Whole Wheat Dinner Roll  
Side Salad  
Green Beans  
Diced Peach Cup  
Diced Pears

Thanksgiving Lunch

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

21 Deli Bar  
Nachos Grande  
Carrots  
Green Beans  
Fresh Orange  
Diced Pears

22 Thanksgiving Recess



24 Thanksgiving Recess

27 Rainbow Grilled Cheese  
Tomato Soup  
Carrot Sticks  
Buttered Corn  
Fresh Red Delicious Apple  
Diced Peach Cup

28 Deli Bar  
Buffalo Chicken Wrap  
Green Beans  
Red Pepper Strips  
Fresh Orange  
Diced Pears

29 Chicken Tenders  
Whole Wheat Dinner Roll  
Philly Cheese Sandwich  
Sausage Pizza  
Carrots  
Mashed Potatoes  
Fresh Banana  
Applesauce

30 Buffalo Chicken Wrap  
Steamed Broccoli  
Baked Beans  
Cucumber Coins  
Fresh Red Delicious Apple  
Mixed Fruit

### 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 available for each meal

November 6th is National Nacho Day!

If you have any questions, please contact Brian Nolan, Food Service Director at 237-9100 ex 1411

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

\*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. USDA is an equal opportunity provider, employer, and lender.