

Welcome to our Lunch Cafe @

Cohoes Middle School

November 2017

Monday

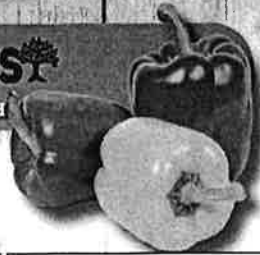
Tuesday

Wednesday

Thursday

Friday

WHITSON'S **HARVEST** of the MONTH



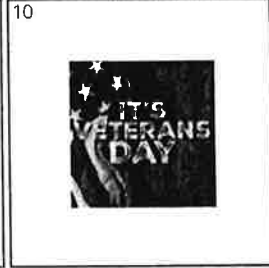
We proudly support clean, organic, local and sustainable agriculture.

6 Nachos Grande
Corn
Broccoli
Fresh Red Delicious Apple
Sliced Peaches

7 Election Day
No School

8 Popcorn Chicken
Whole Wheat Dinner Roll
Sausage Pizza
Baked Beans
Side of Carrots
Mashed Potatoes
Applesauce
Fresh Banana

9 Meatball Parmesan
Sandwich
Celery Sticks
Cucumber Coins
Mixed Fruit
Fresh Red Delicious Apple



13 Chicken Nuggets
Whole Wheat Dinner Roll
Corn
Broccoli
Fresh Red Delicious Apple
Sliced Peaches

14 Soft Taco
Green Beans
Red Pepper Strips
Diced Peas
Fresh Orange

15 Chicken Tenders
Whole Wheat Dinner Roll
Baked Beans
Side of Carrots
Tator Tots
Applesauce
Fresh Banana

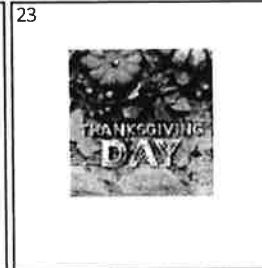
16 Roasted Turkey with
Gravy
Whole Wheat Dinner Roll
Celery Sticks
Mashed Potatoes
Corn
Mixed Fruit
Fresh Red Delicious Apple

17 Chicken Caesar Wrap
Side Salad
Broccoli
Diced Peas
Sliced Peaches

20 Chicken Parm Sandwich
Corn
Broccoli
Fresh Red Delicious Apple
Sliced Peaches

21 Nachos Grande
Green Beans
Red Pepper Strips
Diced Peas
Fresh Orange

22 Thanksgiving
Recess



24 Thanksgiving
Recess

27 Chicken Nuggets
Whole Wheat Dinner Roll
Corn
Broccoli
Fresh Red Delicious Apple
Sliced Peaches

28 Soft Taco
Green Beans
Red Pepper Strips
Diced Peas
Fresh Orange

29 Chicken Tenders
Whole Wheat Dinner Roll
Baked Beans
Side of Carrots
Mashed Potatoes
Applesauce
Fresh Banana

30 Grilled Cheese
Tomato Soup
Baked Beans
Celery Sticks
Cucumber Coins
Mixed Fruit
Fresh Red Delicious Apple

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.



Full Paid Lunch is \$2.85

Reduced Lunch is \$0.25

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

November 6th is
National Nacho Day

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 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.