

# Welcome to our Lunch Cafe @

Cohoes City Van Schaick Elem

November 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

6 Nachos Grande  
Broccoli  
Buttered Corn  
Fresh Red Delicious Apple  
Diced Peach Cup

7 Election Day  
No School

8 Chicken Tenders  
Whole Wheat Dinner Roll  
Carrots  
Baked Beans  
Mashed Potatoes  
Fresh Banana  
Mixed Fruit

9 Meatball Parmesan  
Sandwich  
Whole Wheat Dinner Roll  
Cucumber Coins  
Celery  
Fresh Red Delicious Apple  
Mixed Fruit



13 Chicken Nuggets  
Whole Wheat Dinner Roll  
Broccoli  
Buttered Corn  
Fresh Red Delicious Apple  
Diced Peach Cup

14 French Toast  
Sausage Patty  
Tator Tots  
Carrots  
Fresh Orange  
Diced Pears

15 Cheeseburger  
Green Beans  
Baked Beans  
Red Pepper Strips  
Fresh Banana  
Applesauce

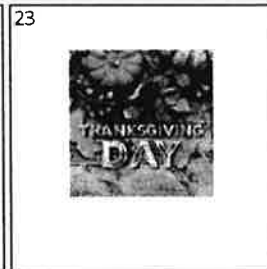
16 Roasted Turkey with  
Gravy  
Whole Wheat Dinner Roll  
Mashed Potatoes  
Buttered Corn  
Fresh Red Delicious Apple  
Mixed Fruit  
Thanksgiving Lunch

17 Cheese Pizza  
Side Salad  
Broccoli  
Diced Peach Cup  
Diced Pears

20 Crispy Chicken Sandwich  
Broccoli  
Buttered Corn  
Fresh Red Delicious Apple  
Diced Peach Cup

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

22 Thanksgiving  
Recess  
No School



24 Thanksgiving  
Recess  
No School

27 Chicken Nuggets  
Whole Wheat Dinner Roll  
Buttered Corn  
Fresh Red Delicious Apple  
Diced Peach Cup

28 French Toast  
Sausage Patty  
Carrots  
Tator Tots  
Fresh Orange  
Diced Pears

29 Popcorn Chicken  
Whole Wheat Dinner Roll  
Carrots  
Mashed Potatoes  
Fresh Banana  
Mixed Fruit

30 Grilled Cheese  
Tomato Soup  
Baked Beans  
Cucumber Coins  
Celery  
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 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 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.