

# Welcome to our Lunch Cafe @

Cohoes City Abram Lansing

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

<p>2 Crispy Chicken Sandwich Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>3 Soft Taco Green Beans Red Pepper Strips Fresh Orange Diced Pears</p>	<p>4 Popcorn Chicken Whole Wheat Dinner Roll Carrots Fresh Banana Mixed Fruit</p>	<p>5 Beef Hot Dog on Bun Baked Beans Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit</p>	<p>6 Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears</p>
<p>9 Columbus Day No School</p>	<p>10 Nachos Grande Green Beans Red Pepper Strips Fresh Orange Diced Pears</p>	<p>11 Chicken Tenders Whole Wheat Dinner Roll Carrots Baked Beans Baked Potato Wedges Fresh Banana Mixed Fruit</p>	<p>12 Meatball Parmesan Sandwich Whole Wheat Dinner Roll Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit</p>	<p>13 Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears</p>
<p>16 Chicken Nuggets Whole Wheat Dinner Roll Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>17 French Toast Sausage Patty Tator Tots Carrots Fresh Orange Diced Pears</p>	<p>18 Cheeseburger Green Beans Red Pepper Strips Fresh Banana Applesauce</p>	<p>19 Beef Hot Dog on Bun Baked Beans Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit</p>	<p>20 Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears</p>
<p>23 Crispy Chicken Sandwich Broccoli Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>24 Nachos Grande Green Beans Red Pepper Strips Fresh Orange Diced Pears</p>	<p>25 Popcorn Chicken Whole Wheat Dinner Roll Carrots Baked Beans Baked Potato Wedges Fresh Banana Applesauce</p>	<p>26 Grilled Cheese Tomato Soup Baked Beans Cucumber Coins Celery Fresh Red Delicious Apple Mixed Fruit</p>	<p>27 Cheese Pizza Side Salad Broccoli Diced Peach Cup Diced Pears</p>
<p>30 Chicken Nuggets Whole Wheat Dinner Roll Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>31 French Toast Sausage Patty Carrots Tator Tots Fresh Orange Diced Pears</p>			

## SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. 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

Lucky Tray Day October 5th. See Details in the Cafeteria.

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