

Welcome to our Lunch Cafe @

Cohoes City Harmony Hill

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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

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

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

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 period when available. USDA is an equal opportunity provider, employer, and lender.