

Welcome to our Lunch Cafe @ Cohoes Middle School

September
2017

Monday

Tuesday


Wednesday

Thursday

Friday



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

<p>4</p> 	<p>5</p> 	<p>6</p> <ul style="list-style-type: none"> Popcorn Chicken Whole Wheat Dinner Roll Buffalo Chicken Pizza Cheeseburger Fruity Granola Parfait Baked Beans Side of Carrots Baked Potato Wedges Applesauce Banana 	<p>7</p> <ul style="list-style-type: none"> Meatball Parmesan Sandwich Sausage Pizza Cheeseburger Burger Fruity Granola Parfait Celery Sticks Cucumber Coins Mixed Fruit Red Delicious Apple 	<p>8</p> <ul style="list-style-type: none"> Spicy Chicken Sandwich Cheese Pizza Cheeseburger Burger Fruity Granola Parfait Side Salad Broccoli Diced Pears Sliced Peaches
<p>11</p> <ul style="list-style-type: none"> Chicken Nuggets Whole Wheat Dinner Roll Cheese Pizza Cheeseburger Burger Fruity Granola Parfait Corn Broccoli Red Delicious Apple Sliced Peaches 	<p>12</p> <ul style="list-style-type: none"> Pepperoni Pizza Cheeseburger Burger Fruity Granola Parfait Green Beans Red Pepper Strips Diced Pears Fresh Orange 	<p>13</p> <ul style="list-style-type: none"> Chicken Tenders Whole Wheat Dinner Roll Buffalo Chicken Pizza Cheeseburger Burger Fruity Granola Parfait Baked Beans Side of Carrots Baked Potato Wedges Applesauce Banana 	<p>14</p> <ul style="list-style-type: none"> Grilled Cheese Lite Veggie Pasta Salad Sausage Pizza Cheeseburger Burger Baked Beans Celery Sticks Cucumber Coins Mixed Fruit Red Delicious Apple 	<p>15</p> <ul style="list-style-type: none"> Philly Style Sliders Cheese Pizza Cheeseburger Burger Fruity Granola Parfait Side Salad Broccoli Diced Pears Sliced Peaches
<p>18</p> <ul style="list-style-type: none"> Chicken Parm Sandwich Cheese Pizza Cheeseburger Burger Fruity Granola Parfait Corn Broccoli Red Delicious Apple Sliced Peaches 	<p>19</p> <ul style="list-style-type: none"> Nachos Grande Pepperoni Pizza Cheeseburger Burger Fruity Granola Parfait Green Beans Red Pepper Strips Diced Pears Fresh Orange 	<p>20</p> <ul style="list-style-type: none"> Popcorn Chicken Whole Wheat Dinner Roll Buffalo Chicken Pizza Cheeseburger Burger Fruity Granola Parfait Baked Beans Side of Carrots Baked Potato Wedges Applesauce Banana 	<p>21</p> <ul style="list-style-type: none"> Buffalo Chicken Wrap Sausage Pizza Cheeseburger Burger Fruity Granola Parfait Baked Beans Celery Sticks Cucumber Coins Mixed Fruit Red Delicious Apple 	<p>22</p> <ul style="list-style-type: none"> Cheese Pizza Cheeseburger Burger Fruity Granola Parfait Side Salad Broccoli Diced Pears Sliced Peaches
<p>25</p> <ul style="list-style-type: none"> Chicken Nuggets Whole Wheat Dinner Roll Cheese Pizza Cheeseburger Burger Fruity Granola Parfait Corn Broccoli Red Delicious Apple Sliced Peaches 	<p>26</p> <ul style="list-style-type: none"> Pepperoni Pizza Cheeseburger Burger Fruity Granola Parfait Green Beans Red Pepper Strips Diced Pears Fresh Orange 	<p>27</p> <ul style="list-style-type: none"> French Toast Turkey Sausage Patty Buffalo Chicken Pizza Cheeseburger Burger Fruity Granola Parfait Side of Carrots Baked Potato Wedges Applesauce Banana 	<p>28</p> <ul style="list-style-type: none"> Chicken Tenders Whole Wheat Dinner Roll Sausage Pizza Cheeseburger Burger Fruity Granola Parfait Baked Beans Celery Sticks Cucumber Coins Mixed Fruit Red Delicious Apple 	<p>29</p> <ul style="list-style-type: none"> Beef Hot Dog on Bun Cheese Pizza Cheeseburger Burger Fruity Granola Parfait Side Salad Broccoli Diced Pears Banana Sliced Peaches

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



Full Paid Lunch is \$2.85
Reduced Lunch is \$0.25

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

If you have any questions, please contact Brian Nolan
Food Service Director
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.