

# Welcome to our Lunch Cafe @ Cohoes City Harmony Hill

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"> <li>Popcorn Chicken</li> <li>Whole Wheat Dinner Roll</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Carrots</li> <li>Baked Beans</li> <li>Baked Potato Wedges</li> <li>Banana</li> <li>Mixed Fruit</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>Meatball Parmesan Sandwich</li> <li>Whole Wheat Dinner Roll</li> <li>Ham and Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Cucumber Coins</li> <li>Celery</li> <li>Red Delicious Apple</li> <li>Mixed Fruit</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Tuna Salad Sandwich</li> <li>Chef Salad</li> <li>Side Salad</li> <li>Fruity Granola Parfait</li> <li>Broccoli</li> <li>Diced Peach Cup</li> <li>Diced Pears</li> </ul>
<p>11</p> <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Whole Wheat Dinner Roll</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Broccoli</li> <li>Buttered Corn</li> <li>Red Delicious Apple</li> <li>Diced Peach Cup</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>French Toast</li> <li>Sausage Patty</li> <li>Ham and Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Baked Potato Wedges</li> <li>Carrots</li> <li>Fresh Orange</li> <li>Diced Pears</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Tuna Salad Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Green Beans</li> <li>Red Pepper Strips</li> <li>Banana</li> <li>Applesauce</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>Beef Hot Dog on Bun</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Baked Beans</li> <li>Cucumber Coins</li> <li>Celery</li> <li>Red Delicious Apple</li> <li>Mixed Fruit</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Tuna Salad Sandwich</li> <li>Chef Salad</li> <li>Side Salad</li> <li>Fruity Granola Parfait</li> <li>Broccoli</li> <li>Diced Peach Cup</li> <li>Diced Pears</li> </ul>
<p>18</p> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Broccoli</li> <li>Buttered Corn</li> <li>Red Delicious Apple</li> <li>Diced Peach Cup</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>Nachos Grande</li> <li>Ham and Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Green Beans</li> <li>Red Pepper Strips</li> <li>Fresh Orange</li> <li>Diced Pears</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>Popcorn Chicken</li> <li>Whole Wheat Dinner Roll</li> <li>Tuna Salad Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Carrots</li> <li>Baked Beans</li> <li>Baked Potato Wedges</li> <li>Banana</li> <li>Applesauce</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>Grilled Cheese</li> <li>Tomato Soup</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Baked Beans</li> <li>Cucumber Coins</li> <li>Celery</li> <li>Red Delicious Apple</li> <li>Mixed Fruit</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Egg Salad Sandwich</li> <li>Chef Salad</li> <li>Side Salad</li> <li>Fruity Granola Parfait</li> <li>Broccoli</li> <li>Diced Peach Cup</li> <li>Diced Pears</li> </ul>
<p>25</p> <ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Whole Wheat Dinner Roll</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Fruity Granola Parfait</li> <li>Broccoli</li> <li>Buttered Corn</li> <li>Red Delicious Apple</li> <li>Diced Peach Cup</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>French Toast</li> <li>Sausage Patty</li> <li>Ham and Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Carrots</li> <li>Baked Potato Wedges</li> <li>Fresh Orange</li> <li>Diced Pears</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>Cheeseburger</li> <li>Tuna Salad Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Green Beans</li> <li>Red Pepper Strips</li> <li>Banana</li> <li>Applesauce</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>Chicken Tenders</li> <li>Turkey &amp; Cheese Sandwich</li> <li>Chef Salad</li> <li>Fruity Granola Parfait</li> <li>Baked Beans</li> <li>Cucumber Coins</li> <li>Celery</li> <li>Red Delicious Apple</li> <li>Mixed Fruit</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Chef Salad</li> <li>Side Salad</li> <li>Fruity Granola Parfait</li> <li>Broccoli</li> <li>Diced Peach Cup</li> <li>Diced Pears</li> </ul>

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](http://www.Whitsons.com)



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



1% White, Skim and Fat Free Chocolate Milk offered with every meal

Lunch is free to all Cohoes Elementary Students.

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.