




















Welcome to our Lunch Cafe at... **Cohoes City Harmony Hill**

March
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheesy Stuffed Bread Sticks  Marinara Sauce Steamed Broccoli Buttered Corn Fresh Apple Diced Peach Cup 	3 Nachos Grande Baked Beans Carrots Celery Fresh Orange Diced Pear Cup	4 Meatball Hero Steamed Carrots Green Beans Mixed Fruit Fresh Banana	5 Crispy Chicken Sandwich Crispy Potato Puffs Buttered Corn Mixed Berry Cup Mixed Fruit	6 Cheese Pizza   Steamed Carrots Side Salad Diced Peach Cup Diced Pear Cup
9 Grilled Cheese Sandwich  Tomato Soup Steamed Broccoli Buttered Corn Fresh Apple Diced Peach Cup 	10 Soft Tacos Baked Beans Carrots Celery Fresh Orange Diced Pear Cup	11 NY Beef Burger with Cheese Steamed Carrots Green Beans Mixed Fruit Fresh Banana	12 Ham & Cheese Sandwich  Fresh Baby Carrots Mixed Berry Cup Early Dismissal for All Students	13 Cheese Pizza   Steamed Carrots Side Salad Diced Peach Cup Diced Pear Cup
16 Mozzarella Sticks  Marinara Sauce Buttered Corn Steamed Broccoli Fresh Apple Diced Peach Cup 	17 Nachos Grande Baked Beans Carrots Celery Fresh Orange Diced Pear Cup	18 Beef Hot Dog on Bun Steamed Carrots Green Beans Fresh Banana Mixed Fruit	19 Chicken with Gravy <i>roasted chicken covered with gravy</i> Brown Rice Whole Wheat Dinner Roll Steamed Broccoli Buttered Corn Mixed Berry Cup Mixed Fruit	20 Cheese Pizza   Steamed Carrots Side Salad Diced Peach Cup Diced Pear Cup
23 Cheesy Stuffed Bread Sticks  Marinara Sauce Steamed Broccoli Buttered Corn Fresh Apple Diced Peach Cup 	24 Soft Tacos Baked Beans Carrots Celery Fresh Orange Diced Pear Cup	25 NY Beef Burger with Cheese Steamed Carrots Green Beans Mixed Fruit Fresh Banana	26 Chicken Nuggets Whole Wheat Bread Crispy Potato Puffs Buttered Corn Mixed Berry Cup Mixed Fruit	27 Cheese Pizza   Steamed Carrots Side Salad Diced Peach Cup Diced Pear Cup
30 Mozzarella Sticks  Marinara Sauce Buttered Corn Steamed Broccoli Fresh Apple Diced Peach Cup	31 Nachos Grande Baked Beans Carrots Celery Fresh Orange Diced Pear Cup	<div data-bbox="704 1407 1234 1491" data-label="Section-Header"> <h2>HARVEST  of the MONTH</h2> </div> <div data-bbox="704 1497 1032 1652" data-label="Text"> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div> <div data-bbox="1034 1547 1234 1650" data-label="Image"> </div> <div data-bbox="1252 1442 1523 1635" data-label="Image"> </div>		



Our marketing and communications programs encourage a healthy "Fooditude," that is, a healthy attitude about food. Through innovative menus and promotions, we strive to create a healthy fooditude that leaves students inspired to achieve all levels of success.



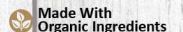
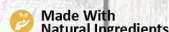
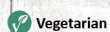
1% White, Skim and Fat Free Chocolate Milk offered with every meal

Sticker Day is March 4th.
Lunch is Free to all Cohoes Students

Assorted Deli Sandwiches, Chef Salads and Yogurt Parfaits with Granola and Fruit served weekly.

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. This institution is an equal opportunity provider.