























Welcome to our Lunch Cafe at... Cohoes City High School

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheesy Stuffed Bread Sticks  Marinara Sauce Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup 	3 Walking Taco Baked Beans Steamed Carrots Celery Fresh Orange Diced Pear Cup	4 Baked Chicken Whole Wheat Dinner Roll Crispy Potato Puffs Green Beans Fresh Banana Mixed Fruit	5 Chicken with Gravy <i>roasted chicken covered with gravy</i> Brown Rice Whole Wheat Dinner Roll Steamed Broccoli Sweet Corn Fresh Melon Cup Mixed Fruit	6 Ruby's Chicken Cordon Bleu   Side Salad Steamed Broccoli Diced Peach Cup Diced Pear Cup
9 Mozzarella Sticks  Marinara Sauce Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup 	10 Crunch Wrap Taco <i>fiesta-style meat with melted cheese arranged in a hard taco shell surrounded by a tortilla</i> Baked Beans Steamed Carrots Celery Fresh Orange Diced Pear Cup	11 Chicken Bowl with Cheese <i>popcorn chicken layered with mashed potatoes and corn, covered in cheese</i>  Green Beans Sweet Corn Fresh Banana Mixed Fruit	12 Early Dismissal. No Lunch Served.	13 Bacon Cheeseburger Side Salad Steamed Broccoli Diced Peach Cup Diced Pear Cup
16 Fish Fillet with Cheese Sandwich  Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup 	17 Nachos Grande Baked Beans Celery Sticks Steamed Carrots Fresh Orange Diced Pear Cup	18 Chicken Club Sandwich <i>hand crafted sandwich with grilled chicken, crispy bacon, lettuce and juicy tomatoes</i>  Crispy Potato Puffs Green Beans Fresh Banana Mixed Fruit	19 Korean BBQ Wrap  Sweet Corn Cucumber Coins Fresh Melon Cup Mixed Fruit	20 Famous Chili Cheese Fries    Side Salad Steamed Broccoli Diced Peach Cup Diced Pear Cup
23 Mozzarella Sticks  Marinara Sauce Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup 	24 Walking Taco Baked Beans Steamed Carrots Celery Fresh Orange Diced Pear Cup	25 Chicken Bowl with Cheese <i>popcorn chicken layered with mashed potatoes and corn, covered in cheese</i>  Green Beans Sweet Corn Fresh Banana Mixed Fruit	26 Lemongrass Chicken Sweet Corn Cucumber Coins Fresh Melon Cup Mixed Fruit	27 Ruby's Chicken Cordon Bleu   Side Salad Steamed Broccoli Diced Peach Cup Diced Pear Cup
30 Rainbow Grilled Cheese  Tomato Soup Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup	31 Crunch Wrap Taco <i>fiesta-style meat with melted cheese arranged in a hard taco shell surrounded by a tortilla</i> Baked Beans Steamed Carrots Celery Fresh Orange Diced Pear Cup	<div data-bbox="704 1407 1234 1491"> <h2>HARVEST  of the MONTH</h2> </div> <div data-bbox="704 1497 1032 1652"> <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="1036 1547 1234 1652">  </div> <div data-bbox="1252 1442 1523 1635">  </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.



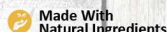
1% White, Skim and Fat Free Chocolate Milk available for each meal

Lunch is Free to All Students at Cohoes City Schools!

If you have any questions, please contact Brian Nolan, Food Service Director at 237-9100 ex 1411

Assorted Deli Sandwiches,
Chef Salads, Yogurt Parfaits, Hamburgers,
Cheeseburgers, Chicken and Cheese Pizza
Served Daily!

Romaine Salad offered daily



*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.