

Welcome to our Lunch Cafe at... Cohoes Middle School

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mozzarella 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 Tenders Whole Wheat Dinner Roll Crispy Potato Puffs Green Beans Fresh Banana Applesauce	5 Buffalo Chicken Wrap Cucumber Coins Celery Sticks Fresh Melon Cup Mixed Fruit	6 Chicken Parmesan Sandwich Side Salad Steamed Carrots Diced Peach Cup Diced Pear Cup
9 Whole Grain French Toast Turkey Sausage Patty Crispy Potato Puffs Steamed Broccoli Fresh Apple Diced Peach Cup 	10 Nachos Grande Baked Beans Celery Sticks Steamed Carrots 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 Applesauce	12 Early Dismissal No Lunch Served	13 Bacon Cheeseburger Side Salad Steamed Carrots Diced Peach Cup Diced Pear Cup
16 Cheesy Stuffed Bread Sticks Marinara Sauce Steamed Broccoli Red Pepper Strips Fresh Apple Diced Peach Cup 	17 Soft Tacos Baked Beans Steamed Carrots Celery Fresh Orange Diced Pear Cup	18 Chicken Nuggets Whole Wheat Dinner Roll Crispy Potato Puffs Green Beans Fresh Banana Applesauce	19 Bacon Cheeseburger Steamed Broccoli Sweet Corn Fresh Melon Cup Mixed Fruit	20 Famous Chili Cheese Fries Side Salad Steamed Carrots 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 Baked Chicken Tenders Whole Wheat Dinner Roll Crispy Potato Puffs Green Beans Fresh Banana Applesauce	26 Buffalo Chicken Wrap Cucumber Coins Celery Sticks Fresh Melon Cup Mixed Fruit	27 Chicken Parmesan Sandwich Side Salad Steamed Carrots Diced Peach Cup Diced Pear Cup
30 Whole Grain French Toast Turkey Sausage Patty Crispy Potato Puffs Steamed Broccoli Fresh Apple Diced Peach Cup 	31 Nachos Grande Baked Beans Celery Sticks Steamed Carrots 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 1495 1034 1650" 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>		



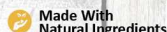
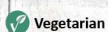
Our marketing and communications programs encourage a healthy "Fooditude," that is, a healthy attitude about food. Through innovative menus and promotions, we strive to create a healthy fooditude that leaves students inspired to achieve all levels of success.



1% White, Skim and Fat Free Chocolate Milk available for each meal
Lunch is Free to all Students

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.