

Welcome to our Lunch Cafe @ Glens Falls HS

December 2017

Monday

Tuesday

Wednesday

Thursday

Friday



We proudly support clean, organic local and sustainable agriculture.



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH ALL NATURAL INGREDIENTS
- P PORK
- V VEGAN

1	Pepperoni Pizza Cheese Pizza Bianco Pizza Side Salad Ruby's Chicken Cordon Bleu Sandwich Side of Carrots Green Pepper Slices Melon Cup
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4	Chicken Tenders Oven Baked Fries Celery Fresh Red Delicious Apple Pineapple Tidbits
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5	Mac & Cheese Or Mac & Cheese Chicken and Broccoli Or Mexi-Style Mac & Cheese Steamed Broccoli Diced Pears Fresh Banana
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6	French Toast Syrup Turkey Sausage Patty Hash Browns Carroteenies Fresh Banana Cinnamon Applesauce
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7	Taco Bar Brown Rice Black Beans Carroteenies Fresh Red Delicious Apple Pineapple Tidbits
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8	Pepperoni Pizza Cheese Pizza Bianco Pizza Philly Cheese Sandwich Oven Baked Fries Side of Carrots Green Pepper Slices Melon Cup
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11	Pizza Bites Caesar Salad Mixed Fruit Celery Fresh Orange
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12	Chicken Parm Sandwich Oven Baked Fries Celery Pineapple Tidbits Fresh Red Delicious Apple
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13	Chicken Bowl with Gravy <i>popcorn chicken layered with mashed potatoes and corn, smothered in gravy</i> Carroteenies Cinnamon Applesauce Fresh Pear
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14	Taco Bar Brown Rice Black Beans Carroteenies Fresh Red Delicious Apple Pineapple Tidbits
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15	Ham Pepperoni and Cheese Stromboli White Pizza Cheese Pizza Carroteenies Mixed Fruit Fresh Banana
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18	Ranch & Chicken Quesadilla Celery Carroteenies Organic Sliced Strawberries Fresh Pear
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19	Roasted Turkey with Gravy <i>oven roasted turkey breast smothered with gravy</i> Corn Bread Stuffing Side of Carrots Fresh Orange Cinnamon Applesauce
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20	French Toast Syrup Turkey Sausage Patty Hash Browns Carroteenies Fresh Banana Cinnamon Applesauce
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21	Taco Bar Brown Rice Black Beans Fresh Orange Carroteenies Pineapple Tidbits
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22	Pepperoni Pizza Cheese Pizza Bianco Pizza Side of Carrots Green Pepper Slices Melon Cup
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Holiday Recess- No School

SIMPLY ROOTED™ in food and family

Our chicken products were raised without the use of non-therapeutic antibiotics. Plus, all of our chicken and pork products are hormone free. This is because we are Simply Rooted™ in food



and family and use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Lunch Prices

Regular: \$2.20

Reduced: \$.25

If you have any questions or would like additional information regarding this menu please contact your food service director Larry Young at 518-798-1910 or youngl@whitsons.com

Available Daily

- A side salad, with dark leafy greens and seasonal fresh vegetables
- Assorted Deli Sandwiches with or without cheese and peanut butter and jelly sandwiches, all on whole grain breads/rolls
- Hamburger or hot dog on a whole grain bun
- Yogurt parfaits made with all natural yogurt, granola and fruit
- A fruit and vegetable bar with fresh and chilled fruits, carrots, celery sticks, red pepper strips and green pepper strips

*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.