

# Welcome to our Lunch Cafe @ Glens Falls MS

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 
 PORK 
 VEGAN

1	Pepperoni Pizza Bianco Pizza Cheese Pizza All With Garden Salad Ruby's Chicken Cordon Bleu Sandwich Green Pepper Slices Fresh Red Delicious Apple Melon Cup
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4	Chicken Tenders Oven Baked Fries Celery Diced Pears Fresh Orange
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5	Mac & Cheese Or Mexi-Style Mac & Cheese Carroteenies Cinnamon Applesauce Fresh Banana
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6	French Toast Syrup Hash Browns Sausage Patty Carroteenies Organic Sliced Strawberries Fresh Pear
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7	Taco Bar <i>build your own taco! Choose the fillings and fixins you want from all of our delicious selections</i> Beans Brown Rice Green Pepper Slices Diced Pears Fresh Red Delicious Apple
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8	Pepperoni Pizza Cheese Pizza Bianco Pizza Philly Cheese Sandwich Oven Baked Fries All With Garden Salad Pineapple Tidbits Fresh Red Delicious Apple Green Beans
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11	Pizza Bites Caesar Salad Celery Diced Pears 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 <i>build your own taco! Choose the fillings and fixins you want from all of our delicious selections</i> Beans Brown Rice Carroteenies Diced Pears Fresh Red Delicious Apple
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15	Buffalo Chicken Stromboli Bianco Pizza Cheese Pizza All With Garden Salad Hot Open Turkey Sandwich with Gravy Oven Baked Fries Green Pepper Slices Fresh Red Delicious Apple Melon Cup
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18	Buffalo Chicken and Cheese Quesadilla Or Cheese Quesadilla Carroteenies Fresh Orange Organic Sliced Strawberries
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19	Roasted Turkey with Gravy Corn Bread Stuffing Side of Carrots Cinnamon Applesauce Fresh Orange
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20	French Toast Syrup Hash Browns Sausage Patty Carroteenies Cinnamon Applesauce Fresh Banana Fresh Pear
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21	Taco Bar <i>build your own taco! Choose the fillings and fixins you want from all of our delicious selections</i> Beans Brown Rice Carroteenies Pineapple Tidbits Fresh Red Delicious Apple
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22	Pepperoni Pizza Cheese Pizza Bianco Pizza Philly Cheese Sandwich Oven Baked Fries All With Garden Salad Pineapple Tidbits Fresh Red Delicious Apple Green Beans
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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](mailto: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 or Grate and Go deli chef salad
- 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.