

Welcome to our Lunch Cafe @ Glens Falls MS

November
2017

Monday

Tuesday

Wednesday

Thursday

Friday



HARVEST
of the
MONTH



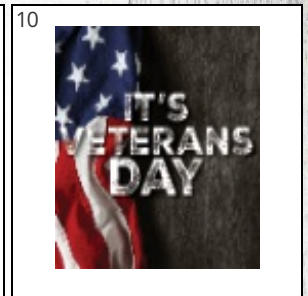
We proudly support clean, organic, local and sustainable agriculture.

6 Chicken Teriyaki
Steamed Broccoli
Celery
Diced Pears
Fresh Orange
Yellow Rice

7 Buffalo Chicken Mac & Cheese
Carroteenies
Cinnamon Applesauce
Fresh Banana

8 French Toast
Syrup
Hash Browns
Sausage Patty
Carroteenies
Organic Sliced Strawberries 🍓
Fresh Pear

9 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Beans
Brown Rice
Green Pepper Slices
Diced Pears
Fresh Red Delicious Apple



13 Pizza Bites
Cajun Roasted Broccoli
Celery
Diced Pears
Fresh Orange

14 Roasted Turkey with Gravy
oven roasted turkey breast smothered with gravy
Corn Bread Stuffing
Side of Carrots
Cinnamon Applesauce
Fresh Orange

15 Chicken Bowl with Gravy
popcorn chicken layered with mashed potatoes and corn, smothered in gravy
Carroteenies
Cinnamon Applesauce
Fresh Pear

16 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Beans
Brown Rice
Carroteenies
Diced Pears
Fresh Red Delicious Apple

17 Pepperoni Pizza
Bianco Pizza
All With Garden Salad
Pineapple Tidbits
Fresh Red Delicious Apple

20 French Toast
Syrup
Hash Browns
Sausage Patty
Carroteenies
Organic Sliced Strawberries 🍓
Fresh Pear

21 Pepperoni Pizza
All With Garden Salad
Pineapple Tidbits
Fresh Red Delicious Apple
Buffalo Chicken Stromboli

22
Thanksgiving Recess



24
Thanksgiving Recess

27 Guy's Fries
All With Garden Salad
Red Pepper Strips
Mixed Fruit
Fresh Banana

28 Philly Cheese Sandwich
Sauteed Onions & Peppers
Sweet Potato Fries
Carroteenies
Pineapple Tidbits
Fresh Orange

29 Ranch & Chicken Quesadilla
Carroteenies
Cinnamon Applesauce
Pineapple Tidbits
Fresh Orange

30 Taco Bar
build your own taco! Choose the fillings and fixins you want from all of our delicious selections
Beans
Brown Rice
Carroteenies
Pineapple Tidbits
Fresh Red Delicious Apple

SIMPLY ROOTED™ in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. 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 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. USDA is an equal opportunity provider, employer, and lender.