

Cohoes High School and Middle School Menu

January 2012

Brian Nolan, Food Service Director – 237-9100 x 1411

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>School Lunch Price \$2.05 for Students</p>  <p>Daily Entrees Meals may include hot or cold vegetables with bread assortment</p> <p>All meals are served with a choice of milk (1% low fat, skim, or fat free chocolate)</p>  <p>Pizza Stone Pizza is offered daily; Cheese plus another a specialty pizza.</p>  <p>Grab n Go Grille Daily alternates: Hamburgers, Cheeseburgers, Chicken patty on bun</p>  <p>Salads on the Run</p>  <p>Sandwiches to Go</p>		January 3	January 4	January 5	January 6
		Chicken Parmesan Sandwich Steamed Green Beans Applesauce	2 Tacos Shredded Lettuce, Cheese and Salsa Tater Tots Chilled Pears	Cohoes Bowl Popcorn Chicken, Gravy, Mashed Potatoes, Corn Mozzarella Cheese, Cupped Cherries	Tiger Burger Steamed Broccoli Chilled Mixed Fruit
	January 9	January 10	January 11	January 12	January 13
	Texas Burger (Cheeseburger w/BBQ Sauce, Bacon and Onion Ring) Sweet Peas, Applesauce	Baked Ziti w/ Meat Sauce Dinner Roll Steamed Green Beans Chilled Peaches	Popcorn Chicken Mashed Potatoes Gravy Mixed Fruit	Nachos w/ Seasoned Beef Cheddar Cheese Sauce Steamed Carrots Fresh Apple	Oven Baked Chicken Mashed Potatoes Gravy Corn Chilled Peaches
	January 16	January 17	January 18	January 19	January 20
		Meatball Sub on Whole Wheat Bun Celery Sticks Diced Pears	Macaroni and Cheese Wheat Bread Steamed Carrots Chilled Pineapple	2 Grilled Cheese Tomato Soup Green Beans Chilled Peaches	Tiger Burger Steamed Broccoli Chilled Mixed Fruit
	January 23	January 24	January 25	January 26	January 27
	2 Hot Dogs Tater Tots Steamed Corn Fresh Apple	Italian Dunkers 2 Cheese Sticks Steamed Green Beans Chilled Peaches	BBQ Rib on Whole Wheat Bun Sweet Peas Mixed Fruit	Buffalo Chicken Wrap Tater Tots Diced Pears	Chicken Ranchero Wrap Steamed Corn Chilled Peaches
	January 30	January 31			
	Cohoes Bowl Popcorn Chicken, Gravy, Mashed Potatoes, Corn Mozzarella Cheese, Cupped Cherries	Far East Style Chicken w/Lo Mein Noodles Oriental Vegetables Chilled Pineapple	Regents week is January 24th through the 27th		
	Monday	Tuesday	Wednesday	Thursday	Friday
	Pepperoni Pizza	Meat Lovers Pizza	Veggie Pizza	Buffalo Chicken Pizza	Hawaiian Pizza
	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Patty on Whole Wheat Bun	Griddle Sandwich (Sausage, Egg and Cheese between 2 Pancakes)	Deli Day	Spicy Chicken Patty on Whole Wheat Bun	Steak and Cheese Wrap
	Assorted pre-packaged salad and sandwich combination meals including daily alternates of: turkey, deli meats and cheese sandwiches with accompaniments				
	Freshly prepared sandwiches with assorted deli meats & cheese prepared on selected: Breads, rolls and wraps with accompaniments: lettuce and tomatoes				

The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A activity should write to the Secretary of Agriculture, Washington, D.C. 20250