



Cohoes Elementary Lunch Menu for September 2020

31

1

2

3

4

7
**Labor Day
Observed**

8

9

10

11
Turkey and Cheese
on Whole Grain Roll
Baby Carrots,
Romaine Salad
Fresh Apple
Mixed Fruit

14
Ham and Cheese on
Whole Grain Roll,
Chick Pea Salad,
Romaine Salad,
Fresh Orange,
Applesauce

15
Bologna and
Cheese on Whole
Grain Roll, Celery
Sticks, Romaine
Salad, Banana,
Diced Peaches

16
Turkey and Cheese
on Whole Grain Roll
Broccoli Florets,
Romaine Salad
Mixed Berry Cup
Chilled Pears

17
Tuna and Cheese on
Whole Grain Roll,
Baby Carrots,
Romaine Salad
Fresh Apple, Mixed
Fruit

18
Turkey and Cheese
on Whole Grain Roll
Baby Carrots,
Romaine Salad
Fresh Apple
Mixed Fruit

21
Ham and Cheese on
Whole Grain Roll,
Chick Pea Salad,
Romaine Salad,
Fresh Orange,
Applesauce

22
Bologna and
Cheese on Whole
Grain Roll, Celery
Sticks, Romaine
Salad, Banana,
Diced Peaches

23
Turkey and Cheese
on Whole Grain Roll
Broccoli Florets,
Romaine Salad
Mixed Berry Cup
Chilled Pears

24
Tuna and Cheese on
Whole Grain Roll,
Baby Carrots,
Romaine Salad
Fresh Apple, Mixed
Fruit

25
Turkey and Cheese
on Whole Grain Roll
Baby Carrots,
Romaine Salad
Fresh Apple
Mixed Fruit

28
Ham and Cheese on
Whole Grain Roll,
Chick Pea Salad,
Romaine Salad,
Fresh Orange,
Applesauce

29
Bologna and
Cheese on Whole
Grain Roll, Celery
Sticks, Romaine
Salad, Banana,
Diced Peaches

30
Turkey and Cheese
on Whole Grain Roll
Broccoli Florets,
Romaine Salad
Mixed Berry Cup
Chilled Pears

1

2

1% White, Fat Free Chocolate and Skim Milk
available with Lunch

Meals are free to all Cohoes Students