



Cohoes High School and Middle School Lunch Menu for September 2020

31

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7
**Labor Day
Observed**

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14
Spicy Chicken on
Whole Grain Roll
Broccoli, Baby
Carrots
Fresh Apple, Mixed
Berry Cup

15
Ultimate Nachos
Steamed Corn,
Baked Beans
Fresh Orange,
Applesauce

16
Buffalo Chicken on
Whole Grain Wrap
Tater Tots, Celery
Sticks
Banana, Diced
Peaches

17
Bacon
Cheeseburger
Steamed Carrots,
Corn
Mixed Berry Cup
Chilled Pears

18
Chicken Parm on
Whole Grain Roll
Broccoli
Romaine Salad
Fresh Apple
Mixed Fruit

21
Chicken Club
Sandwich
Broccoli, Baby
Carrots
Fresh Apple
Mixed Fruit

22
2 Soft Tacos
Corn, Baked
Beans
Fresh Orange,
Applesauce

23
BBQ Chicken on
Whole Grain Wrap
Tater Tots
Celery Sticks
Banana, Diced
Peaches

24
2 Hot Dogs on
Whole Grain Roll,
Steamed Carrots,
Corn, Mixed Berry
Cup
Chilled Pears

25
Chicken Nuggets
Dinner Roll,
Steamed Broccoli,
Romaine Salad,
Fresh Apple, Mixed
Fruit

28
Spicy Chicken on
Whole Grain Roll
Broccoli, Baby
Carrots
Fresh Apple, Mixed
Berry Cup

29
Ultimate Nachos
Steamed Corn,
Baked Beans
Fresh Orange,
Applesauce

30
Buffalo Chicken on
Whole Grain Wrap
Tater Tots, Celery
Sticks
Banana, Diced
Peaches

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2

1% White, Fat Free Chocolate and Skim Milk available with Lunch. Assorted Deli Sandwiches, Chef Salad, Hamburgers, Cheeseburgers and Pizza available daily.

Lunch is Free to all Cohoes Students.