



Cohoes City School High School and Middle School Lunch Menu May 2021

3

Oven Baked Chicken
Whole Grain Dinner
Roll
Celery Sticks
Fresh Apple
Fat Free Chocolate
or 1% White Milk

4

Brunch for Lunch
French Toast Sticks
Sausage Patty
Tater Tots /
Vegetarian Beans
Baby Carrots
Fresh Orange
Choice of Milk

5

Bacon
Cheeseburger
Steamed Broccoli
Fresh Banana
Fat Free Chocolate
Milk or 1% White Milk

6

Cohoes Bowl
Steamed Corn
Fresh Apple
Fat Free Chocolate
Milk or 1% White Milk

7

Meatball Sub on
Whole Grain Roll
Cucumber Coins
Mixed Fruit Cocktail
Fat Free Chocolate
or 1% White Milk

10

Popcorn Chicken
Whole Wheat Bread
Cucumber Coins
Mixed Fruit Cocktail
Fat Free Chocolate
or 1% White Milk

11

2 Tacos on Whole Grain
Tortilla
Vegetarian Beans
Baby Carrots
Fresh Orange
Fat Free Chocolate or
1% White Milk

12

Chicken Tenders
Whole Grain Dinner
Roll
Steamed Broccoli
Fresh Banana
Fat Free Chocolate
Milk or 1% White Milk

13

2 Hot Dogs on Whole
Grain Roll
Baby Carrots
Fresh Apple
Fat Free Chocolate
Milk or 1% White Milk

14

Popcorn Chicken
Whole Wheat Bread
Cucumber Coins
Mixed Fruit Cocktail
Fat Free Chocolate or
1% White Milk

17

Oven Baked Chicken
Whole Grain Dinner
Roll
Celery Sticks
Fresh Apple
Fat Free Chocolate
or 1% White Milk

18

Brunch for Lunch
French Toast Sticks
Sausage Patty
Tater Tots /
Vegetarian Beans
Baby Carrots
Fresh Orange
Choice of Milk

19

Bacon
Cheeseburger
Steamed Broccoli
Fresh Banana
Fat Free Chocolate
Milk or 1% White Milk

20

BBQ Swiss and Bacon
Chicken Sandwich
Baby Carrots
Vegetarian Beans
Fresh Apple
Fat Free Chocolate Milk
or 1% White Milk

21

Meatball Sub on Whole
Grain Roll
Cucumber Coins
Mixed Fruit Cocktail
Fat Free Chocolate or
1% White Milk

24

Chicken Club Sandwich
Celery Sticks
Fresh Apple
Fat Free Chocolate or
1% White Milk

25

2 Tacos on Whole
Grain Tortilla
Vegetarian Beans
Baby Carrots
Fresh Orange
Fat Free Chocolate
or 1% White Milk

26

Chicken Tenders
Whole Grain Dinner
Roll
Steamed Broccoli
Fresh Banana
Fat Free Chocolate
Milk or 1% White Milk

27

2 Hot Dogs on Whole
Grain Roll
Baby Carrots
Fresh Apple
Fat Free Chocolate
Milk or 1% White Milk

28

**Contingency
Day
No School
Possible**

31



**Lunches are Free
to Every Student
in Cohoes
Schools**

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

**Be Safe and
Eat Healthy!
Exercise Daily!**

**Enjoy the warm
weather
Hydrate Often!**

Hamburgers, Cheeseburger, Chicken, Pizza, Deli Sandwich and Chef Salad offered daily. All meals have an additional choice of ½ cup fruit and 1 cup Romaine Salad.

If you have any questions, please contact Brian Nolan, Director of Food Service at 518-237-9100 x 1411 or email BNolan@Cohoes.org