



Daylight Savings is March 12.



1 Beef and Cheese Potato Bowl  
Vegetarian Beans  
Fresh Banana

2 Mexican Chicken Rice Bowl  
Red Pepper Strips  
Applesauce

3 Buffalo Chicken Wrap  
Fresh Celery Sticks  
Fresh Pear

6 Orange Chicken  
Whole Grain Rice  
Steamed Broccoli  
Fresh Apple

7 Oven Baked Chicken  
Mashed Potatoes w/ Gravy  
Steamed Corn  
Fresh Orange

8 Grilled Cheese and Pork Bacon  
Green Beans  
Vegetarian Beans  
Fresh Banana

9 Early Release

10 Fish Tacos  
Green Beans  
Fresh Pear

13 Pineapple Chicken Rice Bowl  
Steamed Broccoli  
Fresh Apple

14 Beef Nachos w/ Cheddar Cheese Sauce  
Baby Carrots  
Fresh Orange

15 Chicken Popcorn Bowl (Mash Potatoes, Gravy and Corn)  
Vegetarian Beans  
Strawberry Cup

16 Black Bean Chili Frito Bowl  
Red Pepper Strips  
Applesauce

17 Happy ST. PATRICK'S Day  
Chicken Club Melt  
Fresh Celery Sticks  
Fresh Pear

20 Garlic Chile Chicken  
Whole Grain Rice  
Steamed Broccoli  
Fresh Apple

21 Oven Baked Chicken  
Mashed Potatoes w/ Gravy  
Steamed Corn  
Fresh Orange

22 Pulled BBQ Pork Sandwich  
Green Beans  
Vegetarian Beans  
Fresh Banana

23 Bosco's Bread Sticks  
Marinara Dipping Sauce  
Red Pepper Strips  
Applesauce

24 Mexican Chicken Rice Bowl  
Red Pepper Strips  
Applesauce

27 General Tso Chicken  
Whole Grain Rice  
Steamed Broccoli

28 Oven Baked Chicken  
Mashed Potatoes w/ Gravy  
Baby Carrots  
Fresh Orange

29 Chicken Popcorn Bowl (Mash Potatoes, Gravy and Corn)  
Vegetarian Beans  
Strawberry Cup

30 Mexican Chicken Rice Bowl  
Red Pepper Strips  
Applesauce

31 Spicy Chicken Patty on a Roll  
Fresh Celery Sticks  
Fresh Pear

Fat Free Chocolate Milk, 1% Skim and Fat Free White Milk Offered with Each Meal.

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