



# Cohoes Secondary School May 2023 Lunch Menu

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| <p><b>1</b></p> <p>General Tso Chicken<br/>Whole Grain Rice<br/>Steamed Broccoli<br/>Fresh Apple</p>   | <p><b>2</b></p> <p>Beef Nachos w/<br/>Cheddar Cheese<br/>Sauce<br/>Baby Carrots<br/>Fresh Orange</p>                                     | <p><b>3</b></p> <p>Beef and Cheese<br/>Potato Bowl<br/>Vegetarian<br/>Beans<br/>Fresh Banana</p>   | <p><b>4</b></p> <p>Mexican Chicken<br/>Rice Bowl<br/>Red Pepper<br/>Strips<br/>Applesauce</p>                        | <p><b>5</b></p> <p>Buffalo Chicken<br/>Wrap<br/>Fresh Celery<br/>Sticks<br/>Fresh Pear</p> |
| <p><b>8</b></p> <p>Orange Chicken<br/>Whole Grain Rice<br/>Steamed Broccoli<br/>Fresh Apple</p>        | <p><b>9</b></p> <p>Diced Chicken<br/>Mashed Potatoes w/<br/>Gravy<br/>Whole Grain Dinner Roll<br/>Steamed Corn<br/>Fresh Orange</p>      | <p><b>10</b></p> <p>Grilled Cheese<br/>and Pork Bacon<br/>Green Beans<br/>Vegetarian<br/>Beans<br/>Fresh Banana</p>  | <p><b>11</b></p> <p>Bosco's Bread<br/>Sticks<br/>Marinara Dipping<br/>Sauce Red<br/>Pepper Strips<br/>Applesauce</p> | <p><b>12</b></p> <p>Fish Tacos<br/>Green Beans<br/>Fresh Pear</p>                          |
| <p><b>15</b></p> <p>Chicken<br/>Parmesan<br/>Wrap<br/>Steamed<br/>Broccoli<br/>Fresh Apple</p>         | <p><b>16</b></p> <p>Beef Nachos w/<br/>Cheddar Cheese<br/>Sauce<br/>Baby Carrots<br/>Fresh Orange</p>                                    | <p><b>17</b></p> <p>Chicken Popcorn<br/>Bowl (Mash Potatoes,<br/>Gravy and Corn)<br/>Whole Grain Dinner Roll<br/>Vegetarian<br/>Beans<br/>Strawberry Cup</p> | <p><b>18</b></p> <p>Black Bean Beef<br/>Chili Frito Bowl<br/>Red Pepper Strips<br/>Applesauce</p>                    | <p><b>19</b></p> <p>Chicken Club<br/>Melt<br/>Fresh Celery<br/>Sticks<br/>Fresh Pear</p>   |
| <p><b>22</b></p> <p>Garlic Chile Chicken<br/>Whole Grain Rice<br/>Steamed Broccoli<br/>Fresh Apple</p> | <p><b>23</b></p> <p>Diced Chicken<br/>Mashed Potatoes<br/>w/ Gravy<br/>Whole Grain<br/>Dinner Roll<br/>Steamed Corn<br/>Fresh Orange</p> | <p><b>24</b></p> <p>Pulled BBQ Pork<br/>Sandwich<br/>Green Beans<br/>Vegetarian<br/>Beans<br/>Fresh Banana</p>   | <p><b>25</b></p> <p>Bosco's Bread<br/>Sticks<br/>Marinara Dipping<br/>Sauce Red<br/>Pepper Strips<br/>Applesauce</p> | <p><b>26</b></p> <p>Contingency<br/>Day<br/>Possible No<br/>School</p>                     |
| <p><b>29</b></p>   | <p><b>30</b></p> <p>Contingency<br/>Day<br/>Possible No<br/>School</p>   | <p><b>31</b></p> <p>Chicken Popcorn<br/>Bowl (Mash Potatoes,<br/>Gravy and Corn)<br/>Whole Grain Dinner Roll<br/>Vegetarian Beans<br/>Strawberry Cup</p>     |  | <p>May 1<sup>st</sup> is School<br/>Principal Day</p>                                      |

Fat Free Chocolate Milk, 1% Skim and Fat Free White Milk Offered with Each Meal. Students Eat Free. Adult Price is \$5.42.

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)

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