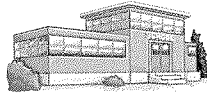


SEPTEMBER



Welcome Back

Lunch is Free to  
All Students  
Attending  
Cohoes City  
Schools.

7  
Mexican Chicken  
Rice Bowl  
Red Pepper  
Strips  
Fresh Melon Cup

8  
Buffalo Chicken  
Wrap  
Fresh Celery  
Sticks  
Fresh Pear

11  
Orange Chicken  
Whole Grain Rice  
Steamed Broccoli  
Fresh Apple

12  
Chicken and Gravy  
Mashed Potatoes  
Steamed Corn  
Fresh Orange

13  
Grilled Cheese  
and Pork Bacon  
Green Beans  
Vegetarian  
Beans  
Fresh Banana

14  
Bacon  
Cheeseburger  
Red Pepper  
Strips  
Fresh Grape Cup

15  
Fish Tacos  
Green Beans  
Fresh Pear

18  
Chicken  
Parmesan  
Sandwich  
Steamed Broccoli  
Fresh Apple

19  
Beef Nachos w/  
Cheddar Cheese  
Sauce  
Baby Carrots  
Fresh Orange

20  
Chicken Popcorn  
Bowl (Mash Potatoes,  
Gravy and Corn)  
Vegetarian  
Beans  
Strawberry Cup

21  
Black Bean Chili  
Frito Bowl  
Red Pepper Strips  
Fresh Melon Cup

22  
Chicken Club  
Melt  
Fresh Celery  
Sticks  
Fresh Pear

25  
Garlic Chile Chicken  
Whole Grain Rice  
Steamed Broccoli  
Fresh Apple

26  
Chili Cheese  
Hot Dog  
Tater Tots  
Baby Carrots  
Fresh Orange

27  
Pulled BBQ Pork  
Sandwich  
Cole Slaw  
Vegetarian  
Beans  
Fresh Banana

28  
Bosco's Bread  
Sticks  
Marinara Dipping  
Sauce Red  
Pepper Strips  
Fresh Grape Cup

29  
Southwest  
Chicken Wrap  
With Lettuce, Tomato,  
Cheese and Jalapeno  
Fresh Celery  
Sticks  
Fresh Pear

September 10<sup>th</sup> is

September 10<sup>th</sup>  
Swap Ideas Day

Celebrating the exchange of ideas to better our world.



It's  
Swap Ideas Day  
and I've got  
a good idea...

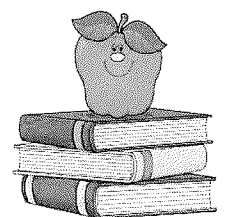
September 11<sup>th</sup> is



September 13<sup>th</sup> is



September 18<sup>th</sup> is



Fat Free Chocolate Milk, 1% Skim and Fat Free White Milk  
Offered with Each Meal. Adult Lunch is \$5.50 plus Tax. Adult  
Milk is \$0.75 plus tax. Assorted Deli Sandwiches w/ Lettuce,  
Tomato, and Cheese, Chef Salad w/ Dinner Roll, Yogurt  
Parfait w/ Granola, Pizza, Hamburgers, Cheeseburgers and  
Chicken are offered Daily.

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)