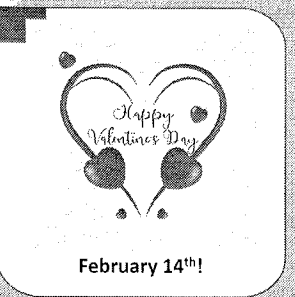


Lunch is Free to All Students Attending Cohoes City Schools.



1
Grilled Cheese on Whole Grain Bread
Tomato Soup
Red Pepper Strips
Fresh Melon Cup

2
Whole Grain Cheese Pizza
Fresh Celery Sticks
Fresh Pear

5
Chicken Patty on Whole Grain roll
Steamed Broccoli
Fresh Apple

6
Beef Taco w/ Cheddar Cheese and Lettuce on Whole Grain Tortilla.
Steamed Corn
Vegetarian Beans
Fresh Orange

7
Beef Hot Dog on Whole Grain Bun
Tater Tots
Sliced Green Peppers
Fresh Banana

8
Beef Meatball Sub on Whole Grain Roll
Celery Sticks Or Red Pepper Strips
Fresh Grape Cup

9
Whole Grain Cheesy Breadstick w/ Marinara Sauce
Fresh Baby Carrots
Chilled Pineapple

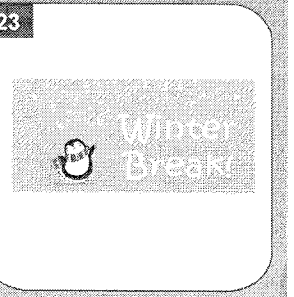
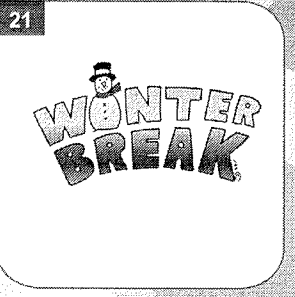
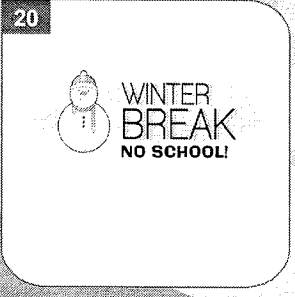
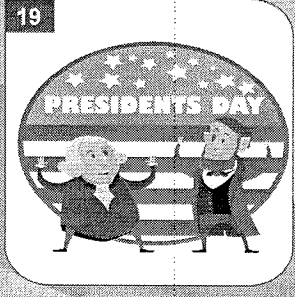
12
Chicken Tenders
Whole Grain Dinner Roll
Steamed Broccoli
Fresh Apple

13
Brunch for Lunch
French Toast Sticks, Chicken Sausage Patty, Tater Tots,
Fresh Orange

14
Chicken Nuggets
Whole Grain Dinner Roll
Steamed Corn
Vegetarian Beans
Fresh Banana

15
Grilled Cheese on Whole Grain Bread
Tomato Soup
Celery Sticks
Fresh Strawberry Cup

16
Whole Grain Cheese Pizza
Fresh Sliced Red Peppers
Fresh Pear



26
Chicken Patty on Whole Grain Roll
Steamed Broccoli
Fresh Apple

27
Beef Nachos w/ Cheddar Cheese Sauce
Steamed Corn or Baby Carrots
Fresh Orange

28
Beef Cheeseburger On Whole Grain Roll
Vegetarian Beans
Fresh Banana

29
Beef Meatball Sub on Whole Grain Roll
Celery Sticks
Fresh Grape Cup

Students can take an additional cup of Romaine Salad Daily.
We offer at least 2 Fruits and 2 Vegetables Daily.

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

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