



Cohoes Secondary School February 2024 Lunch Menu

FEBRUARY

**Lunch is Free to
All Students
Attending
Cohoes City
Schools.**



February 14th!

1 Pork Bacon
Cheeseburger on
Whole Grain Bun
Tater Tots
Red Pepper
Strips
Fresh Melon Cup

2 Buffalo Chicken
on Whole Grain
Wrap
Fresh Celery
Sticks
Fresh Pear

5 General Tso
Chicken
Whole Grain Rice
Steamed Broccoli
Fresh Apple

6 2 Beef Tacos on
Whole Grain Wrap
with Lettuce, Cheese
and Tomato Salsa
Tater Tots
Red Pepper Strips
Vegetarian Beans
Fresh Orange

7 Spicy Chicken
Sandwich on
Whole Grain Roll
Sliced Green
Peppers
Fresh Banana

8 Sliced Roast
Turkey on Whole
Grain Bread w/
Poultry Gravy
Mash Potatoes
Steamed Corn
Fresh Grape Cup

9 2 Fish Tacos on
Whole Grain
Wrap
Fresh Baby
Carrots
Chilled
Pineapple

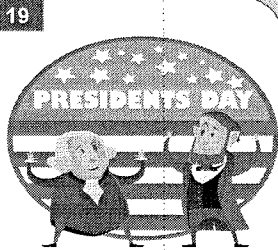
12 Buffalo Chicken
Wrap on Whole
Grain Tortilla
Steamed Broccoli
Fresh Apple

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

14 Chicken Popcorn
Bowl (Mash Potatoes,
Gravy)
Whole Grain Dinner Roll
Steamed Corn
Vegetarian
Beans
Fresh Banana

15 2 Grilled Cheese
Sandwiches on
Whole Grain Bread
Tomato Soup
Tater Tots
Celery Sticks
Fresh Cantaloupe
Cup

16 Chicken Club
Melt
(Pork Bacon,
Lettuce and
Tomato) on
Whole Grain Roll
Seasoned Sweet
Potatoes
Fresh Pear



26 Chicken
Parmesan
Sandwich on
Whole Grain Roll
Steamed Broccoli
Fresh Apple

27 2 Beef Tacos with
Lettuce, Cheese on
Whole Grain Wrap
and Tomato Salsa
Baby Carrots
Fresh Orange

28 Chicken Popcorn
Bowl (Mash Potatoes,
Gravy)
Whole Grain Dinner Roll
Steamed Corn
Vegetarian Beans
Fresh Banana

29 Pork Bacon
Cheeseburger on
Whole Grain Bun
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. 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