



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

3 Spicy Chicken
Sandwich on
Whole Grain Roll
Steamed Corn
Vegetarian
Beans
Chilled
Applesauce

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

5 Buffalo Chicken
on Whole Grain
Wrap
Fresh Spinach
Salad
Fresh Pear

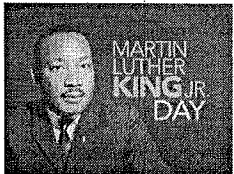
8 General Tso
Chicken
Whole Grain Rice
Steamed Broccoli
Fresh Apple

9 2 Turkey Tacos on
Whole Grain Wrap
with Lettuce, Cheese
and Tomato Salsa
Steamed Corn
Fresh Orange

10 Grilled
Cheese on Whole
Grain Bread
and Pork Bacon
Steamed Zucchini
Vegetarian Beans
Fresh Banana

11 Thai Chicken
Noodle Bowl
Whole Grain
Dinner Roll
Celery Sticks
Fresh Grape Cup

12 2 Fish Tacos on
Whole Grain Roll
Steamed
Butternut
Squash
Chilled
Pineapple



No School

16 Turkey Nachos w/
Cheddar Cheese
Sauce
Baby Carrots
Fresh Orange

17 Chicken Popcorn
Bowl (Mash Potatoes,
Gravy)
Dinner Roll
Steamed Corn
Vegetarian
Beans
Strawberry Cup

18 2 Grilled Cheese
Sandwiches on
Whole Grain Bread
Tater Tots
Celery Sticks
Fresh Melon Cup

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

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

23 Beef Chili
Cheese Hot Dog
on Whole Grain
Roll
Tater Tots
Baby Carrots
Fresh Orange

24 Spicy Chicken
Sandwich on
Whole Grain Roll
Vegetarian
Beans
Fresh Banana

25 Sliced Roasted
Turkey
Mash Potatoes
Steamed Corn,
Whole Grain
Dinner Roll
Fresh Grape Cup

26 Southwest
Chicken on Whole
Grain Wrap
With Lettuce, Tomato,
Cheese and Jalapenos
Celery Sticks
Fresh Pear

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

30 2 Beef Tacos with
Lettuce, Cheese on
Whole Grain Wrap
and Tomato Salsa
Baby Carrots
Fresh Orange

31 Chicken Popcorn
Bowl (Mash Potatoes,
Gravy)
Whole Grain Dinner Roll
Steamed Corn
Vegetarian Beans
Strawberry Cup

January is
National Hobby
Month.



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