



Cohoes Secondary School March 2024 Lunch Menu

MARCH

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

**March 7th
is Early
Dismissal.**

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

1
Buffalo Chicken
on Whole Grain
Wrap
Fresh Celery
Sticks
Fresh Pear

4
General Tso
Chicken
Whole Grain
Rice
Steamed
Broccoli
Red Pepper

5
Beef Nachos w/
Cheddar Cheese
Sauce
Baby Carrots
Fresh Orange

6
Spicy Chicken
Sandwich on
Whole Grain Roll
Sliced Green
Peppers
Fresh Banana

7
Early
Dismissal
No Lunch Served

8
2 Fish Tacos on
Whole Grain
Wrap
Fresh Baby
Carrots
Chilled
Pineapple

11
Buffalo Chicken
Wrap on Whole
Grain Tortilla
Steamed
Broccoli
Fresh Apple

12
2 Beef Tacos on
Whole Grain Wrap
with Lettuce, Cheese
and Tomato Salsa
Baby Carrots
Tater Tots
Vegetarian Beans
Fresh Orange

13
Chicken Popcorn
Bowl (Mash
Potatoes, Gravy)
Whole Grain Dinner
Roll
Steamed Corn
Fresh Banana

14
Grilled Cheese
Sandwiches on
Whole Grain Bread
Tomato Soup
Celery Sticks
Fresh Melon Cup

15
Chicken Club
Melt
(Pork Bacon,
Lettuce and
Tomato) on
Whole Grain Roll
Seasoned Sweet
Potatoes
Fresh Pear

18
Chicken Tenders
Whole Grain Dinner
Roll
Steamed Broccoli
Red Pepper Strips
Fresh Apple

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

20
Spicy Chicken
Sandwich on
Whole Grain Roll
Sliced Green
Peppers
Fresh Banana

21
Sliced Roast
Turkey on Whole
Grain Bread w/
Poultry Gravy
Mash Potatoes
Steamed Corn
Fresh Cantaloupe
Cup

22
Buffalo Chicken
on Whole Grain
Wrap
Fresh Celery
Sticks
Fresh Pear

25
Chicken
Parmesan
Sandwich on
Whole Grain Roll
Steamed Broccoli
Red Pepper Strips
Fresh Apple

26
2 Beef Tacos with
Lettuce, Cheese on
Whole Grain Wrap
and Tomato Salsa
Baby Carrots
Fresh Orange

27
Chicken Popcorn
Bowl (Mash Potatoes,
Gravy)
Whole Grain Dinner Roll
Steamed Corn
Vegetarian Beans
Fresh Banana

28
Pork Bacon
Cheeseburger on
Whole Grain Bun
Celery Sticks
Tater Tots
Fresh Grape Cup

29
**Good
Friday
No
School**

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

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