



Cohoes Secondary School April 2024 Lunch Menu

1
APRIL

2
Lunch is Free to All Students Attending Cohoes City Schools.

3
Spring Break is April 1st thru April 5th!

4
Students can take an additional cup of Romaine Salad Daily. We offer at least 2 Fruits and 2 Vegetables Daily.

5
½ Cup Romaine Lettuce and ½ Cup Baby Carrots offered Daily
½ Cup Celery Sticks offered Weekly.
¾ Cup Vegetarian Beans offered Weekly.

8
½ Day of School Early Dismissal Bagged Lunches available
Turkey and Cheese on Whole Grain Roll
Baby Carrots

9
Turkey Nachos w/ Cheddar Cheese Sauce
Steamed Corn
Fresh Orange

10
Spicy Chicken Sandwich on Whole Grain Roll
Tater Tots
Vegetarian Beans
Fresh Banana

11
Pork Bacon Cheeseburger on Whole Grain Bun
Steamed Green Beans
Fresh Grape Cup

12
2 Fish Tacos on Whole Grain Wrap
Butternut Squash
Chilled Pineapple

15
Buffalo Chicken Wrap on Whole Grain Tortilla
Steamed Broccoli
Fresh Apple

16
2 Turkey Tacos on Whole Grain Wrap with Lettuce, Cheese and Tomato Salsa
Red Pepper Strips
Vegetarian Beans
Fresh Orange

17
Chicken Popcorn Whole Grain Dinner Roll
Mashed Potatoes
Chicken Gravy
Steamed Corn
Fresh Banana

18
Grilled Cheese Sandwiches on Whole Grain Bread
Tomato Soup
Steamed Green Beans
Fresh Cantaloupe Cup

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

22
Chicken Tenders Whole Grain Dinner Roll
Steamed Broccoli
Fresh Apple

23
Turkey Nachos w/ Cheddar Cheese Sauce
Red Pepper Strips
Fresh Orange

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

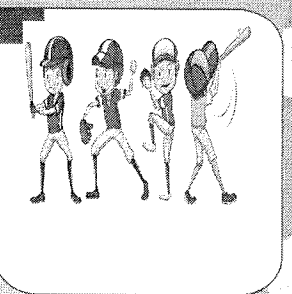
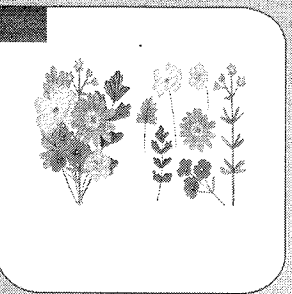
25
Chicken Nuggets Whole Grain Dinner Roll
Mashed Potatoes
Chicken Gravy
Strawberry Cup

26
Buffalo Chicken on Whole Grain Wrap
Steamed Green Beans
Fresh Pear

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

30
2 Turkey Tacos with Lettuce, Cheese on Whole Grain Tortilla Wrap and Tomato Salsa
Buttered Corn
Fresh Orange

Lunch is Free to All Students Attending Cohoes City Schools



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

This institution is an equal opportunity provider.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

