



Cohoes Secondary School May 2024 Lunch Menu

MAY

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

1 Chicken Popcorn
Whole Grain
Dinner Roll
Mashed Potatoes
Chicken Gravy
Spinach Salad
Steamed Corn
Fresh Banana

2 Beef Cheddar
Taco Burger on
Whole Grain Bun
Pasta Salad
Steamed Green
Beans
Fresh Cantaloupe
Cup

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

6 General Tso
Chicken
Whole Grain Rice
Steamed Broccoli
Fresh Apple

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

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

9 Diced Chipotle
Chicken in a
Whole Grain
Tortilla
Steamed Green
Beans
Fresh Grape Cup

10 2 Fish Tacos on
Whole Grain
Wrap
Butternut
Squash
Chilled
Pineapple

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

14 2 Turkey
Tacos on Whole
Grain Wrap with
Lettuce, Cheese and
Tomato Salsa
Red Pepper Strips
Vegetarian Beans
Fresh Orange

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

16 Diced Asian
Chicken in a Whole
Grain Tortilla
Steamed Green
Beans
Fresh Cantaloupe
Cup

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

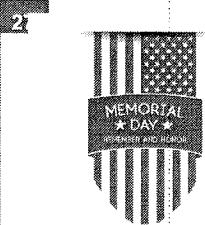
20 Chicken Tenders
Whole Grain Dinner
Roll
Steamed Broccoli
Fresh Apple

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

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

23 Beef Meatball
Sub w/ Cheese
on Whole Grain
Bun
Steamed
Zucchini
Strawberry Cup

24 Contingency
Day
No School



28 No School
½ Cup Romaine
Lettuce and ½ Cup
Baby Carrots offered
Daily
½ Cup Celery Sticks
offered Weekly.
¾ Cup Vegetarian
Beans offered Weekly.

29 Chicken Popcorn
Whole Grain Dinner
Roll
Mashed Potatoes
Chicken Gravy
Spinach Salad
Steamed Corn
Diced Peaches

30 Pork Bacon
Cheeseburger on
Whole Grain Bun
Red Pepper
Strips
Strawberry Cup

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

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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