



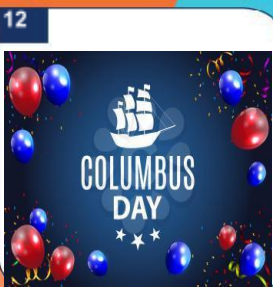
5 Whole Grain
Chicken Patty on
Whole Grain
Hamburger Bun
Steamed Broccoli
Fresh Apple

6 Turkey and Cheese
Nachos
Grape Tomatoes
Fresh Sliced Orange
Wedges

7 Chicken
Meatball Sub on
Whole Hot Dog
Bun
Steamed Corn
Banana

1 Beef Cheeseburger
on Whole Grain
Hamburger Bun
Sweet Potato Fries
Chilled Pineapple

2 Cheese Pizza on
Whole Grain
Crust
Fresh Red
Pepper Strips
Watermelon Slice



13 Turkey Taco w/
Cheddar Cheese
on Whole Grain
Tortilla
Grape Tomatoes
Fresh Sliced
Orange Wedges

14 Beef
Hot Dog on a
Whole Grain
Hot Dog Bun
Celery Sticks
Fresh Banana

15 Boneless
Whole Grain Chicken
Wings
Whole Grain Dinner
Roll
Tater Tots
Fresh Grapes

16 Cheese Pizza
on Whole Grain
Crust

Red Pepper
Strips
Honeydew Melon

19 Whole
Grain Popcorn
Chicken w/ Whole
Grain Dinner Roll
Spinach Salad
Fresh Apple

Turkey
Nachos and Cheese

Butternut Squash
Sliced Orange
Wedges

21 Whole Grain
Chicken Tenders w/
Whole Grain
Dinner Roll
Baby Carrots
Fresh Blueberry
Cup

22 Whole
Grain French Toast
Sticks, 1 Chicken
Sausage
Tater Tots
Fresh Strawberries

23 Cheese Pizza on
Whole Grain Crust
Sliced Cucumber
Fresh Cantaloupe

26 Boneless Whole
Grain Chicken
Wings w/ Whole
Grain Dinner
Roll.
Steamed Broccoli
Fresh Apple

27 Turkey
Taco w/ Cheddar
Cheese on Whole
Grain Tortilla
Baby Carrots
Sliced Orange
Wedges

28 Whole
Grain Chicken
Tenders with Whole
Grain Dinner Rolls
Steamed Zucchini
Fresh Banana

29 Beef Cheeseburger
on Whole Grain
Hamburger Bun
Tater Tots
Fresh Apple

30 Cheese Pizza
on Whole Grain
Crust
Fresh Red
Pepper Strips
Fresh Pear

Fat Free Chocolate Milk, 1% White and Fat
Free White Milk **Offered** with Each Meal.
Pre-K Menus only apply to students who eat
in their classrooms.

If you have any questions or concerns regarding allergies,
please contact Brian Nolan, Director of Food Service at
518-237-9100 x 1411 or email BNolan@Cohoes.org