



The First Lunch is Free to All Students attending Cohoes CSD. An Additional Complete Second Lunch can be purchased for \$2.50
Apples or Oranges are offered Daily.

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

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

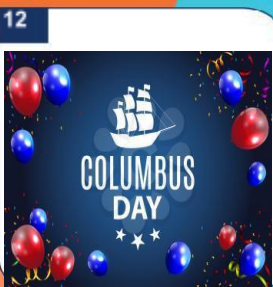
5 Whole Grain Chicken Patty on Whole Grain Hamburger Bun
Steamed Broccoli
Fresh Apple

6 Turkey and Cheese Nachos
Vegetarian Beans
Grape Tomatoes
Fresh Sliced Orange Wedges

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

8 Whole Grain Chicken Nuggets
Whole Grain Dinner Roll
Red Pepper Strips
Fresh Pear

9 Cheese Pizza on Whole Grain Crust
Green Beans
Fresh Apple



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
Vegetarian Beans
Celery Sticks
Fresh Banana

15 Boneless Whole Grain Chicken Wings
Whole Grain Dinner Roll
Tater Tots
Spinach Salad
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
Vegetarian Beans
Sliced Orange Wedges

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

22 Whole Grain French Toast Sticks, 2 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 Popcorn
Chicken with Whole Grain Dinner Roll
Steamed Zucchini
Vegetarian Beans
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. Assorted Deli Sandwiches w/ Cheese, Chef Salads w/ Dinner Roll and Yogurt Parfait w/ Granola, Yogurt Bagel Meal, offered Daily. Adult Lunch is \$5.40 plus Tax. Adult Milk is \$0.75 plus tax.

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