



The First Lunch is Free to All Students attending Cohoes CSD. An Additional Complete Second Lunch can be purchased for \$2.50
All Breads and Rolls Are Whole Grain

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

1 Buffalo Chicken Pizza on Whole Grain Crust
Steamed Corn
Fresh Apple

2 Whole Grain Chicken Tenders
Whole Grain Dinner Roll
Fresh Celery Sticks
Fresh Pear

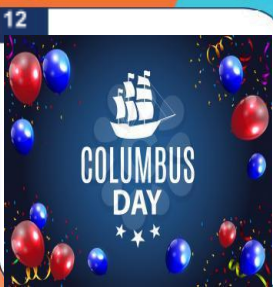
5 Korean Whole Grain Chicken Sandwich on Whole Grain Hamburger Bun
Steamed Broccoli
Fresh Apple

6 Turkey and Cheese Nachos
Vegetarian Beans
Fresh Baby Carrots
Fresh Orange

7 Whole Grain Popcorn
Chicken Mash Potatoes
Corn
Chicken Gravy
Whole Grain Dinner Roll
Banana

8 South West Crunch Burger on Whole Grain Hamburger Bun
Red Pepper Strips
Fresh Pear

9 Turkey Bacon, Beef Burger on Whole Grain Hamburger Bun
Green Beans
Fresh Apple



13 2 Turkey Taco w/ Cheddar Cheese on Whole Grain Tortilla
Grape Tomatoes
Vegetarian Beans
Chilled Pineapple

14 Sweet n Sour Chicken
Whole Grain Brown Rice
Romaine Salad
Celery Sticks
Fresh Banana

15 Jalapeno Beef Burger with Salsa Cheddar, served on Whole Grain Hamburger Bun
Tater Tots
Spinach Salad
Fresh Grapes

16 Whole Grain Boneless Wings
Whole Grain Dinner Rolls
Red Pepper Strips
Sweet Potato Fries
Honeydew Melon

19 Cheddar Cheese Whole Grain Chicken Sandwich on Whole Grain Hamburger Bun
Spinach Salad
Fresh Apple

21 Chicken & Cheese Quesadilla
Butternut Squash
Vegetarian Beans
Sliced Orange Wedge

21 General Tso Chicken w/ Whole Grain Brown Rice
Baby Carrots
Fresh Blueberry Cup

22 Whole Grain Chicken Club Sandwich on Whole Grain Hamburger Bun
Tater Tots
Fresh Strawberries

23 Chicken Meatball Sub on Whole Grain Hamburger Bun
Sliced Cucumber
Fresh Cantaloupe

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

27 Turkey Nachos with Cheddar Cheese Sauce
Baby Carrots
Sliced Orange Wedge

28 Ranch Parmesan Cheese Burger on Whole Grain Hamburger Bun
Steamed Zucchini
Vegetarian Beans
Sliced Watermelon

29 Chicken Club Sandwich (Served with Turkey Bacon)
Tater Tots
Fresh Pear

30 Chicken Meatball Sub on Whole Grain Hot Dog Bun
Red Pepper Strips
Fresh Apple

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. Apples and Oranges are offered Daily

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