



Welcome Back

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

7
Grilled Cheese
Sandwich
Pasta Salad
Red Pepper
Strips
Fresh Melon Cup

8
Cheese Pizza
Fresh Celery
Sticks
Fresh Pear

11
Chicken Patty on
Whole Grain roll
Steamed Broccoli
Fresh Apple

12
Brunch for Lunch
French Toast Sticks,
Chicken Sausage Patty,
Tater Tots, Orange
Slices

13
Hot Dog
Steamed Corn
Vegetarian
Beans
Fresh Banana

14
Meatball Sub on
Whole Grain Roll
Red Pepper
Strips
Fresh Grape Cup

15
Cheesy
Breadstick w/
Marinara Sauce
Sliced Cucumber
Fresh Pear

18
Chicken Nuggets
Whole Grain
Dinner Roll
Steamed Broccoli
Fresh Apple

19
Beef Taco w/
Cheddar Cheese
and Lettuce
Steamed Corn
Fresh Orange

20
Cheeseburger
Tater Tots
Vegetarian
Beans
Fresh Banana

21
Baked Ziti
Dinner Roll
Red Pepper Strips
Fresh Melon Cup

22
Cheese Pizza
Fresh Celery
Sticks
Fresh Pear

25
Chicken Tenders
Whole Grain Dinner
Roll
Steamed Broccoli
Fresh Apple

26
Brunch for Lunch
French Toast
Sticks, Chicken
Sausage Patty,
Tater Tots, Orange
Slices

27
Hot Dog
Steamed Corn
Vegetarian
Beans
Fresh Banana

28
Meatball Sub on
Whole Grain Bun
Red Pepper
Strips
Fresh Grape Cup

29
Cheesy Breadstick
w/ Marinara Sauce
Sliced Cucumber
Fresh Pear

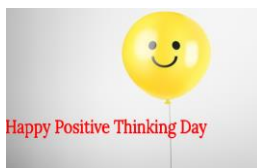
September 10th is



September 11th is



September 13th is



September 18th is



Fat Free Chocolate Milk, 1% Skim and Fat Free White Milk Offered with Each Meal. Assorted Deli Sandwiches w/ Cheese, Chef Salads w/ Dinner Roll and Yogurt Parfait w/ Granola, offered Daily. Adult Lunch is \$5.50 plus Tax. Adult Milk is \$0.75 plus tax.

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