



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

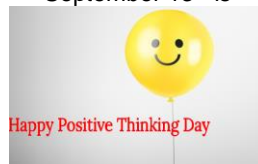
September 10th is



September 11th is



September 13th is



September 18th is



1% Skim and Fat Free White Milk Offered with Each Meal. Assorted Deli Sandwiches and Chef Salads w/ Dinner Roll Sold 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