



# Cohoes Middle School Menu

June 2017

**29** June is National Safety Month

*side items*

**30** June 5th is World Environment Day

*side items*

**31** June 8th is World Ocean Day

*side items*

**1** Bacon Cheeseburger  
Chicken Parm Pizza  
Turkey Ham Chef Salad  
Bologna and Cheese Sandwich

*side items*  
Baked Vegetarian Beans, Celery Sticks, Fresh Cucumbers  
Applesauce, Fruit Cocktail

**2** Chicken Tenders w/ Choice of Dinner Roll  
Cheese Pizza  
Ham & Turkey Chef Salad  
Bologna and Cheese Sandwich

*side items*  
Romaine Salad, Steamed Broccoli, Chilled Peaches, Diced Pears

**5** Chicken Nuggets w/ Choice of Dinner Roll  
Pepperoni Pizza  
Turkey Chef Salad  
Turkey Cheese Sandwich

*side items*  
Steamed Broccoli, Sweet Corn, Fresh Apple, Fruit Cocktail

**6** Beef Nachos  
Buffalo Chicken Pizza  
Ham Chef Salad  
Ham and Cheese Sandwich

*side items*  
Green Beans, Red Pepper Strips, Fresh Orange  
Diced Peaches

**7** Chicken Waffle Sandwich  
BBQ Chicken Pizza  
Egg Chef Salad  
Tuna Salad Sandwich

*side items*  
Tater Tots, Sliced Carrots, Diced Pears, Fresh Banana

**8** Grilled Cheese w/ Tomato Soup  
Chicken Parm Pizza  
Ham & Turkey Chef Salad  
Bologna and Cheese Sandwich

*side items*  
Baked Vegetarian Beans, Celery Sticks, Fresh Cucumbers  
Applesauce, Fruit Cocktail

**9** Chicken Tenders w/ Choice of Dinner Roll  
Pepperoni Pizza  
Chicken Dice Salad  
Egg Salad Sandwich

*side items*  
Romaine Salad, Steamed Broccoli, Chilled Peaches, Diced Pears

**12** Chicken Patty on Whole Grain Bun  
Pepperoni Pizza  
Turkey Chef Salad  
Turkey & Cheese Sandwich

*side items*  
Steamed Broccoli, Sweet Corn, Fresh Apple, Fruit Cocktail

**13** Beef Nachos  
Buffalo Chicken Pizza  
Ham Chef Salad  
Ham and Cheese Sandwich

*side items*  
Green Beans, Red Pepper Strips, Fresh Orange  
Diced Peaches

**14** Popcorn Chicken w/ Choice of Dinner Roll  
Sausage Pizza  
Egg Chef Salad  
Tuna Salad Sandwich

*side items*  
Tater Tots, Sliced Carrots, Diced Pears, Fresh Melon

**15** Bacon Cheeseburger  
Chicken Parm Pizza  
Turkey Ham Chef Salad  
Bologna and Cheese Sandwich

*side items*  
Baked Vegetarian Beans, Celery Sticks, Fresh Cucumbers  
Applesauce, Fruit Cocktail

**16** Spicy Chicken on Whole Grain Roll  
Pepperoni Pizza  
Chicken Dice Salad  
Egg Salad Sandwich

*side items*  
Romaine Salad, Steamed Broccoli, Chilled Peaches, Fresh Grapes

**19** Chicken Nuggets w/ Choice of Dinner Roll  
Pepperoni Pizza  
Turkey Chef Salad  
Turkey Cheese Sandwich

*side items*  
Steamed Broccoli, Sweet Corn, Fresh Apple, Fruit Cocktail

**20** Beef Taco  
BBQ Chicken Pizza  
Ham Chef Salad  
Ham & Cheese Sandwich

*side items*  
Green Beans, Red Pepper Strips, Fresh Orange  
Diced Peaches

**21** Brunch for Lunch (French Toast Sticks and Sausage)  
BBQ Chicken Pizza  
Egg Chef Salad

*side items*  
Tater Tots, Sliced Carrots, Diced Pears, Fresh Banana

**22** Chicken Tenders w/ Choice of Dinner Roll  
Cheese Pizza  
Ham & Turkey Chef Salad  
Bologna and Cheese Sandwich

*side items*  
Baked Vegetarian Beans, Steamed Broccoli  
Applesauce,

**23** Last Day of School  
1/2 Day - No Lunches Served

*side items*

**26** Have a Great Summer and Be Safe!

*side items*

**27** See you next September!

*side items*

**28** June 14th is Flag Day.

*side items*

**29** June 18th is Fathers Day and International Picnic Day!

*side items*

**30** June 21st is International Yoga Day.

*side items*

Students can take 1/2 cup of Fruit and 3/4 cup Vegetable with their meals.

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Full Paid Lunch is \$2.75 - Reduced is \$0.25

**Adult Lunch is \$4.05**

1% White, Skim or Fat Free Chocolate Milk is available daily.

