



Cohoes High School Lunch

May 2017

1
Bacon Cheeseburger
Grilled Cheese w/choice of Pasta Salad
Pepperoni Pizza

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

2
Buffalo Ranch Chicken Wrap
Chicken Nuggets w/ Choice of Dinner Roll
Buffalo Chicken Pizza

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

3
Chicken Parm Sandwich
French Toast Sticks w/ Sausage
Pizza Nueva

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

4
General Tso Chicken w/ Rice
Spicy Chicken on WG Roll
Pepperoni Pizza

side items
Broccoli, Sliced Carrots
Fresh Melon, Applesauce

5 **Cinco de Mayo**
2 Soft Beef Tacos
Bacon Cheeseburger
Cheese Pizza

Santa Fe Rice, Romaine Salad, Steamed Corn, Chilled Peaches
Fresh Grapes

8
Chicken Parmesan on WG Roll
Bacon Cheeseburger
Pepperoni Pizza

side items
Steamed Broccoli, Red Pepper Strips, Fresh Apple
Fruit Cocktail

9
Beef Nachos
Popcorn Chicken w/ Choice of Dinner Roll
Buffalo Chicken Pizza

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

10
Buffalo Chicken Wrap
Steak and Cheese Melt
BBQ Chicken Pizza

side items
Tater Tots, Celery Sticks, Dice Pears, Fresh Banana

11
Spicy Chicken on WG Roll
Nacho Cheeseburger
Pepperoni Pizza

side items
Baked Vegetarian Beans, Green Beans, Sliced Carrots
Applesauce, Fruit Cocktail

12
Chicken Tenders W/ Choice of Dinner Roll
Bacon Cheeseburger
Cheese Pizza

side items
Romaine Salad, Steamed Corn, Chilled Peaches
Fresh Apple

15
Chicken Waffle Sandwich
Grilled Cheese w/choice of Pasta Salad
Pepperoni Pizza

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

16
Buffalo Ranch Chicken Wrap
Chicken Nuggets w/ Choice of Dinner Roll
Buffalo Chicken Pizza

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

17
Chicken Parm Sandwich
French Toast Sticks w/ Sausage
Pizza Nueva

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

18
General Tso Chicken w/ Rice
Spicy Chicken on WG Roll
Pepperoni Pizza

side items
Broccoli, Sliced Carrots
Fresh Melon, Applesauce

19
Chicken Tenders W/ Choice of Dinner Roll
Bacon Cheeseburger
Cheese Pizza

side items
Romaine Salad, Steamed Corn, Chilled Peaches
Fresh Grapes

22
Chicken Parmesan on WG Roll
2 Soft Chicken Tacos
Pepperoni Pizza

side items
Steamed Broccoli, Red Pepper Strips, Fresh Apple
Fruit Cocktail

23
Beef Nachos
Popcorn Chicken w/ Choice of Dinner Roll
Buffalo Chicken Pizza

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

24
Chicken Tenders W/ Choice of Dinner Roll
Tiger Burger
BBQ Chicken Pizza

side items
Tater Tots, Celery Sticks, Dice Pears, Fresh Banana

25
Spicy Chicken on WG Roll
Jalapeno Cheeseburger
Pepperoni Pizza

side items
Baked Vegetarian Beans, Green Beans, Sliced Carrots
Applesauce, Fruit Cocktail

26
Contingency Day
No School

side items

29
Memorial Day
No School

side items

30
Spicy Chicken on WG Roll
Jalapeno Cheeseburger
Pepperoni Pizza

side items
Baked Vegetarian Beans, Green Beans, Sliced Carrots
Applesauce, Fruit Cocktail

31
Chicken Tenders W/Choice of Dinner Roll
Bacon Cheeseburger
Cheese Pizza

side items
Romaine Salad, Steamed Corn, Chilled Peaches
Fresh Apple

1
May 2nd is National Teachers Day
May 31st is World No Tobacco Day

side items

2
May is National Physical Fitness Month

side items

Students can take 1 cup of Fruit and 1 Cup of Vegetables with their meals! Fuel Up and Eat Right!

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Lunch is \$2.75 and Reduced is \$0.25

Adult Lunch is \$4.05



1% White, Skim and Fat Free Chocolate Milk Offered



This institution is an equal opportunity provider.

