

Welcome to our Lunch Cafe @

Cohoes City High School

October
2017

Monday

Tuesday

Wednesday

Thursday

Friday



We proudly support clean, organic, local and sustainable agriculture.

<p>2 Chicken Parm Sandwich Soft Taco Steamed Broccoli Red Pepper Strips Fresh Red Delicious Apple Diced Peach Cup</p>	<p>3 Deli Bar Soft Taco Carrots Green Beans Fresh Orange Diced Pears</p>	<p>4 Popcorn Chicken Whole Wheat Dinner Roll Tator Tots Celery Sticks Fresh Banana Applesauce</p>	<p>5 Buffalo Chicken Wrap Steamed Broccoli Baked Beans Cucumber Coins Fresh Red Delicious Apple Mixed Fruit</p>	<p>6 Boston's Favorite Panini <i>turkey breast, ham and Swiss with lettuce and tomato grilled to perfection</i> Side Salad Buttered Corn Diced Peach Cup Diced Pears</p>
<p>9 </p>	<p>10 Nachos Grande Carrots Green Beans Fresh Orange Diced Pears</p>	<p>11 Chicken Tenders Whole Wheat Dinner Roll Philly Cheese Sandwich Sausage Pizza Tator Tots Carrots Fresh Banana Applesauce</p>	<p>12 Jumpin Jack Burger Wrap <i>burger topped with salsa and cheddar cheese wrapped in a tortilla</i> Baked Beans Cucumber Coins Celery Sticks Fresh Red Delicious Apple Mixed Fruit</p>	<p>13 Fish Sandwich Side Salad Buttered Corn Diced Peach Cup Diced Pears</p>
<p>16 Rainbow Grilled Cheese <i>grilled cheese sandwich made with American and mozzarella cheeses</i> Tomato Soup Corn Carrot Sticks Fresh Red Delicious Apple Diced Peach Cup</p>	<p>17 Deli Bar Buffalo Chicken Wrap Baked Beans Cucumber Coins Diced Pears</p>	<p>18 Chicken Parm Sandwich Tator Tots Red Pepper Strips Fresh Banana Applesauce</p>	<p>19 General Tso's Chicken <i>crispy chicken with broccoli in General Tso's sauce</i> Brown Rice Steamed Broccoli Carrots Fresh Red Delicious Apple Mixed Fruit</p>	<p>20 Popcorn Chicken Whole Wheat Dinner Roll Side Salad Green Beans Diced Peach Cup Diced Pears</p>
<p>23 Chicken Parm Sandwich Steamed Broccoli Red Pepper Strips Fresh Red Delicious Apple Diced Peach Cup</p>	<p>24 Deli Bar Nachos Grande Carrots Green Beans Fresh Orange Diced Pears</p>	<p>25 Italian Stallion Panini <i>pepperoni, ham, mozzarella and lettuce on panini bread</i> Tator Tots Celery Sticks Fresh Banana Applesauce</p>	<p>26 Buffalo Chicken Wrap Steamed Broccoli Baked Beans Cucumber Coins Fresh Red Delicious Apple Mixed Fruit</p>	<p>27 Fish Sandwich Side Salad Buttered Corn Diced Peach Cup Diced Pears</p>
<p>30 Rainbow Grilled Cheese Tomato Soup Carrot Sticks Buttered Corn Fresh Red Delicious Apple Diced Peach Cup</p>	<p>31 Deli Bar Buffalo Chicken Wrap Green Beans Red Pepper Strips Fresh Orange Diced Pears</p>			

SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,

and organic or non-GMO, whenever possible.



1% White, Skim and Fat Free Chocolate Milk available for each meal

If you have any questions, please contact Brian Nolan, Food Service Director at 237-9100 ex 1411

October 3 is National Soft Taco Day and October 11th is National Sausage Pizza Day!

Assorted Deli Sandwiches, Chef Salads, Yogurt Parfaits, Hamburgers, Cheeseburgers, Chicken and Cheese Pizza Served Daily!