



1 Beef Taco
Lettuce and
Shredded Cheese
Baby Carrots
Orange Slices

2 Cheeseburger
Tater Tots
Vegetarian
Beans
Fresh Banana

3 Meatball Sub on
Whole Grain Bun
Red Pepper
Strips
Mixed Fruit Cup

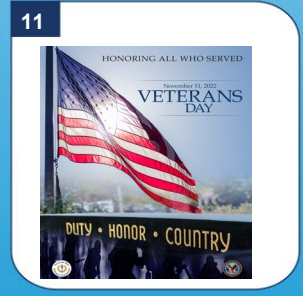
4 Cheese Pizza
Sliced
Cucumber
Fresh Pear

7 Chicken Nuggets
Whole Grain
Dinner Roll
Steamed
Broccoli
Fresh Apple



9 Hot Dog
Butternut Squash
Vegetarian
Beans
Fresh Banana

10 Grilled Cheese
Tomato Soup
Red Pepper
Strips
Chilled Peaches



14 **National Pickle Day**
Chicken Patty
On Whole Grain Roll
Pickle Chip
Steamed Broccoli
Fresh Apple

15 Turkey Nachos w/
Cheddar Cheese
Sauce
Baby Carrots
Orange Slices

16 Cheeseburger
Tater Tots
Vegetarian
Beans
Fresh Banana

17 **Thanksgiving Lunch**
Sliced Turkey w/ Gravy
Mashed Potatoes
Steamed Corn
Mixed Fruit Cocktail
Dinner Roll

18 Cheesy Bread
Sticks w/
Marinara Sauce
Fresh Celery
Sticks
Fresh Pear

21 Chicken Tenders
Dinner Roll
Steamed Broccoli
Fresh Apple

22 Beef Taco
Lettuce and
Shredded Cheese
Baby Carrots
Orange Slices



28 **National French Toast Day**
Brunch for Lunch
French Toast
Sausage Patty
Tater Tots
Applesauce Cup

29 Turkey Nachos w/
Cheddar Cheese
Sauce
Baby Carrots
Orange Slices

30 Fish Sticks
Dinner Roll
Butternut Squash
Vegetarian Beans
Fresh Banana

Romaine
Side Salad
Offered Daily

Lunch is
Free to All
Students.

Fat Free Chocolate Milk, 1% Skim
and Fat Free White Milk Offered
with Each Meal.

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