



# Cohoes Secondary November 2022 Lunch Menu



**1** **National Taco Day**  
2 Tacos with Lettuce and Cheese  
Baby Carrots  
Fresh Orange

**2** Chicken Popcorn Bowl (Mash Potatoes, Gravy and Corn)  
Vegetarian Beans  
Fresh Banana

**3** Cheesy Breadsticks  
Marinara Sauce  
Red Pepper Strips  
Mixed Fruit

**4** Spicy Chicken Patty on a Roll  
Fresh Celery Sticks  
Fresh Pear

**7** BBQ Chicken with Cheese and Bacon Sandwich  
Steamed Corn  
Fresh Apple



**9** Grilled Cheese and Bacon Tater Tots  
Vegetarian Beans  
Fresh Banana

**10** Harvest Grain Bowl  
Red Pepper Strips  
Peach Cup



**14** **National Pickle Day**  
Chicken Parmesan Sandwich on Whole Grain Bun  
Pickle Chip  
Steamed Broccoli  
Fresh Apple

**15** Beef Taco Totcho Bowl  
Baby Carrots  
Fresh Orange

**16** Chicken Popcorn Bowl (Mash Potatoes, Gravy and Corn)  
Vegetarian Beans  
Fresh Banana

**17** Pepperoni Calzone  
Red Pepper Strips  
Chilled Pears

**18** Spicy Chicken Patty on a Roll  
Fresh Celery Sticks  
Fresh Pear

**21** Chicken Club Melt  
Steamed Broccoli  
Fresh Apple

**22** Turkey Nachos w/ Cheddar Cheese Sauce  
Baby Carrots  
Fresh Orange



**28** Chicken Ranch Sriracha Sandwich  
Steamed Broccoli  
Fresh Apple

**29** 2 Tacos with Lettuce and Cheese  
Baby Carrots  
Fresh Orange

**30** Grilled Cheese and Bacon Tater Tots  
Vegetarian Beans  
Fresh Banana

Assorted Deli Sandwiches,  
Chef Salad and Fruit Parfait with Granola offered Daily

Romaine Side Salad Offered Daily

Fat Free Chocolate Milk, 1% Skim and Fat Free White Milk Offered with Each Meal.  
Cheese and Pepperoni Pizza served daily.  
Specialty Pizzas served weekly.

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