



Cohoes City School District Elementary January 2024 Lunch Menu



1
Lunch is Free to All Students Attending Cohoes City Schools.

3
Beef Cheeseburger
Steamed Corn
Vegetarian Beans
Applesauce

4
Grilled Cheese on Whole Grain Bread
Tomato Soup
Red Pepper Strips
Fresh Melon Cup

5
Whole Grain Cheese Pizza
Fresh Spinach Salad
Fresh Pear

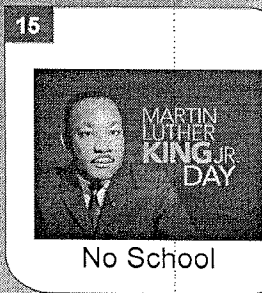
8
Chicken Patty on Whole Grain roll
Steamed Broccoli
Fresh Apple

9
Turkey Taco w/ Cheddar Cheese and Lettuce on Whole Grain Tortilla.
Steamed Corn
Fresh Orange

10
Beef Hot Dog on Whole Grain Bun
Tater Tots
Zucchini
Vegetarian Beans

11
Beef Meatball Sub on Whole Grain Roll
Celery Sticks
Fresh Grape Cup

12
Whole Grain Cheesy Breadstick w/ Marinara Sauce
Butternut Squash
Chilled Pineapple



16
Brunch for Lunch
French Toast Sticks, Chicken Sausage Patty, Tater Tots, Fresh Orange

17
Chicken Nuggets
Whole Grain Dinner Roll
Steamed Corn
Vegetarian Beans
Fresh Banana

18
Grilled Cheese on Whole Grain Bread
Tomato Soup
Celery Sticks
Fresh Melon Cup

19
Whole Grain Cheese Pizza
Sweet Potatoes
Fresh Pear

22
Chicken Tenders
Whole Grain Dinner Roll
Steamed Broccoli
Fresh Apple

23
Turkey Taco w/ Cheddar Cheese and Lettuce on Whole Grain Tortilla.
Steamed Corn
Fresh Orange

24
Beef Hot Dog on Whole Grain Roll
Tater Tots
Vegetarian Beans
Fresh Banana

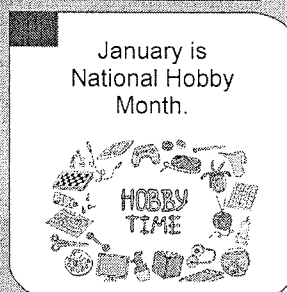
25
Beef Meatball Sub on Whole Grain Roll
Celery Sticks
Fresh Grape Cup

26
Whole Grain Cheesy Breadstick w/ Marinara Sauce
Butternut Squash
Chilled Pineapple

29
Chicken Patty on Whole Grain roll
Steamed Broccoli
Fresh Apple

30
Beef Nachos w/ Cheddar Cheese Sauce
Steamed Corn or Baby Carrots
Fresh Orange

31
Beef Cheeseburger
Celery Sticks
Vegetarian Beans
Fresh Banana



Students can take an additional cup of Romaine Salad Daily.
We offer at least 2 Fruits and 2 Vegetables Daily.

Fat Free Chocolate Milk, 1% Skim and Fat Free White Milk Offered with Each Meal. Assorted Deli Sandwiches w/ Cheese, Chef Salads w/ Dinner Roll and Yogurt Parfait w/ Granola, offered Daily. Adult Lunch is \$5.50 plus Tax. Adult Milk is \$0.75 plus tax.

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

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