



Cohoes CSD Elementary October 2024 Lunch Menu

OCTOBER
Lunch is Free to
All Students
Attending
Cohoes City
Schools

1 Turkey Nachos
w/ Cheddar Cheese
Sauce
Steamed Corn
Fresh Orange

2 Beef
Cheeseburger on
Whole Grain Roll
Tater Tots
Vegetarian
Beans
Fresh Apple

3 Whole Grain
Popcorn Chicken
Whole Grain
Dinner Roll
Steamed Zucchini
Fresh Strawberry
Cup

4 Whole Grain
Cheese Pizza
Red Pepper
Strips
Fresh Pear

7 Chicken Patty on
Whole Grain Roll
Spinach Salad
Fresh Apple

8 Brunch for Lunch
French Toast Sticks
Chicken Sausage
Tater Tots
Fresh Orange

9 Turkey Hotdog
on Whole Grain
Roll
Steamed Corn
Vegetarian
Beans
Fresh Banana

10 Beef Meatball on
Whole Grain Roll
Steamed Green
Beans
Fresh Grape Cup

11 Whole Grain
Stuffed
Breadsticks w/
Cheese
Butternut Squash
Fresh Honeydew
Melon



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

16 Beef
Cheeseburger on
Whole Grain Roll
Sweet Potato Fries
Vegetarian Beans
Fresh Banana

17 Whole Grain
Popcorn Chicken
Whole Grain Dinner
Roll
Steamed Zucchini
Fresh Cantaloupe Cup

18 Whole Grain
Cheese Pizza
Grape
Tomatoes
Sliced
Watermelon

21 Whole Grain
Chicken Tenders
Whole Grain Dinner
Roll
Steamed Broccoli
Fresh Apple

22 Brunch for Lunch
French Toast Sticks
Chicken Sausage
Tater Tots
Fresh Orange

23 Turkey Hotdog on
Whole Grain Roll
Steamed Corn
Vegetarian Beans
Fresh Blueberries

24 Beef
Meatball (Cheese
Optional) on Whole
Grain Roll
Steamed Green
Beans
Chilled Pineapple

25 Whole Grain Stuffed
Breadsticks w/
Cheese
Butternut Squash
Fresh Pear

28 Chicken Patty on
Whole Grain Roll
Steamed
Broccoli
Fresh Apple

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

30 Beef
Cheeseburger on
Whole Grain Roll
Tater Tots
Vegetarian Beans
Fresh Banana

31 Whole Grain
Popcorn Chicken
Whole Grain
Dinner Roll
Steamed Zucchini
Fresh Cantaloupe
Cup

1/2 Cup Romaine
Lettuce and **1/2** Cup
Baby Carrots offered
Daily
1/2 Cup Celery Sticks
offered Weekly.
3/4 Cup Vegetarian
Beans offered
Weekly,

Fat Free Chocolate Milk 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

This institution is an equal opportunity provider.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

