

**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

**14**  


**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

**31** ½ Cup Romaine  
Lettuce and ½ Cup  
Baby Carrots offered  
Daily  
½ Cup Celery Sticks  
offered Weekly.  
¾ 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](mailto:BNolan@Cohoes.org)