

Menu



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

1 2 Turkey
Tacos on Whole
Grain Wrap with
Lettuce, Cheese and
Tomato Salsa
Red Pepper Strips
Vegetarian Beans
Fresh Orange

2 Popcorn
Chicken
Whole Grain
Dinner Roll
Mashed Potatoes
Chicken Gravy
Spinach Salad
Steamed Corn
Fresh Apple

3 Beef Cheddar
Taco Burger on
Whole Grain Bun
Steamed Green
Beans
Fresh Strawberry
Cup

4 Chicken Club Melt
(Pork Bacon,
Lettuce and
Tomato) on Whole
Grain Roll
Seasoned Sweet
Potatoes
Fresh Pear

7 General Tso
Chicken
Whole Grain
Rice
Steamed
Broccoli
Fresh Apple

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

9 Spicy Chicken
Sandwich on
Whole Grain Roll
Tater Tots
Vegetarian
Beans
Fresh Banana

10 Diced Chipotle
Chicken in a
Whole Grain
Tortilla
Steamed Green
Beans
Fresh Grape Cup

11 BBQ Chicken
Wrap
Butternut
Squash
Fresh Honeydew
Melon



15 2 Turkey
Tacos on Whole
Grain Wrap with
Lettuce, Cheese and
Tomato Salsa
Red Pepper Strips
Vegetarian Beans
Fresh Orange

16 Popcorn Chicken
Whole Grain
Dinner Roll
Mashed Potatoes
Chicken Gravy
Steamed Corn
Fresh Banana

17 Cheesy Chorizo
Enchilada Bake
Steamed Green
Beans
Fresh Cantaloupe
Cup

18 Chicken Club
Melt
(Pork Bacon,
Lettuce and
Tomato) on
Whole Grain Roll
Grape Tomatoes
Watermelon Slice

21 Chicken Tenders
Whole Grain Dinner
Roll
Steamed Broccoli
Fresh Apple

22 Turkey Nachos w/
Cheddar Cheese
Sauce
Red Pepper Strips
Fresh Orange

23 Spicy Chicken
Sandwich on
Whole Grain Roll
Vegetarian Beans
Steamed Corn
Fresh Blueberries

24 Beef Meatball
(Cheese
Optional) on
Whole Grain Bun
Steamed
Zucchini
Chilled Pineapple

25 Buffalo
Chicken on
Whole Grain
Wrap
Steamed Green
Beans
Fresh Pear

28 General Tso
Chicken
Whole Grain
Rice
Steamed
Broccoli
Fresh Apple

29 2 Turkey
Tacos on Whole Grain
Wrap with Lettuce,
Cheese and Tomato
Salsa
Red Pepper Strips
Vegetarian Beans
Fresh Orange

30 Popcorn Chicken
Whole Grain
Dinner Roll
Mashed Potatoes
Chicken Gravy
Steamed Corn
Fresh Banana

31 Beef Cheddar
Taco Burger on
Whole Grain Bun
Steamed Green
Beans
Fresh Strawberry
Cup

$\frac{1}{2}$ Cup Romaine
Lettuce and $\frac{1}{2}$ Cup
Baby Carrots offered
Daily
 $\frac{1}{2}$ Cup Celery Sticks
offered Weekly.
 $\frac{3}{4}$ Cup Vegetarian
Beans offered
Weekly,

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

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