



Cohoes Secondary School November 2024 Lunch Menu



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

½ Cup Romaine Lettuce and ½ Cup Baby Carrots offered Daily
½ Cup Celery Sticks offered Weekly.
¾ Cup Vegetarian Beans offered Weekly,



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

4 General Tso Chicken
Whole Grain Rice
Steamed Broccoli
Fresh Apple



6 Spicy Chicken Sandwich on Whole Grain Roll
Tater Tots
Vegetarian Beans
Fresh Blueberries

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

8 BBQ Chicken Wrap
Butternut Squash
Chilled Pineapple



12 2 Beef Tacos on Whole Grain Wrap with Lettuce, Cheese and Tomato Salsa
Steamed Broccoli
Vegetarian Beans
Fresh Orange

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

14 Jerk Chicken Pizza
Steamed Green Beans
Fresh Cantaloupe Cup

15 Chicken Club Melt (Turkey Bacon, Lettuce and Tomato) on Whole Grain Roll
Seasoned Sweet Potatoes
Fresh Honeydew Melon

18 Sweet and Sour Chicken over Rice
Spinach Salad
Fresh Apple

19 Turkey Nachos w/ Cheddar Cheese Sauce
Grape Tomatoes
Fresh Orange

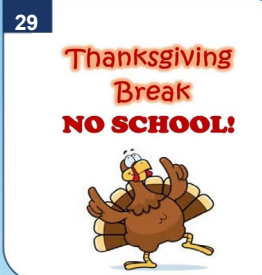
20 Pulled BBQ Pork Sandwich on Whole Grain Roll
Vegetarian Beans
Steamed Corn
Fresh Banana

21 Beef Meatball Sub w/ Cheese on Whole Grain Bun
Steamed Zucchini
Strawberry Cup

22 Buffalo Chicken on Whole Grain Wrap
Steamed Green Beans
Fresh Watermelon

25 General Tso Chicken
Whole Grain Rice
Steamed Broccoli
Fresh Apple

26 2 Turkey Tacos on Whole Grain Wrap with Lettuce, Cheese and Tomato Salsa
Red Pepper Strips
Vegetarian Beans
Fresh Orange



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

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.

