



Cohoes Secondary School December 2024 Lunch Menu

2 General Tso Chicken
Whole Grain Rice
Steamed Broccoli
Fresh Apple

3 Turkey Nachos w/ Cheddar Cheese Sauce
Vegetarian Beans
Steamed Cauliflower
Fresh Orange

4 Early Dismissal.
Turkey and Cheese on a Whole Grain Roll,
Baby Carrots,
Fresh Banana

5 Jerk Chicken Pizza
Steamed Green Beans
Fresh Cantaloupe Cup

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

9 Sweet and Sour Chicken over Rice
Spinach Salad
Fresh Apple

10 Early Dismissal.
Turkey and Cheese on a Whole Grain Roll,
Baby Carrots,
Fresh Banana

11 Spicy Chicken Sandwich on Whole Grain Roll
Tater Tots
Vegetarian Beans
Fresh Orange

12 Turkey Bacon Beef Cheeseburger on Whole Grain Roll
Fresh Celery Sticks
Fresh Cantaloupe Cup

13 Buffalo Chicken on Whole Grain Wrap
Steamed Zucchini
Fresh Apple

16 General Tso Chicken
Whole Grain Rice
Steamed Broccoli
Fresh Apple

17 2 Turkey Tacos on Whole Grain Wrap with Lettuce, Cheese and Tomato Salsa
Butternut Squash
Vegetarian Beans
Fresh Orange

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

19 2 Turkey Hot Dogs on Whole Grain Wrap
Steamed Green Beans
Fresh Cantaloupe Cup

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



31 Early Dismissal on December 4th and 10th

Bagged Lunches will be available for all Students.



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

Lunch is Free to All Students Attending Cohoes City Schools.

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

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