



Cohoes CSD Pre K December 2024 Lunch Menu

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

3 Turkey Taco w/ Cheddar Cheese and Lettuce on Whole Grain Tortilla Shell
Butternut Squash
Fresh Orange Wedge

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

5 Whole Grain Chicken Nuggets
Whole Grain Dinner Roll
Steamed Zucchini
Vegetarian Beans
Fresh Cantaloupe Cup

6 Whole Grain Cheese Pizza
Steamed Corn
Fresh Pear

9 Chicken Patty on Whole Grain Roll
Spinach Salad
Fresh Apple

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

11 Turkey Hotdog on Whole Grain Roll
Steamed Corn
Vegetarian Beans
Fresh Orange Wedge

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

13 Whole Grain Stuffed Breadsticks w/ Cheese
Romaine Side Salad
Honeydew Melon

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

17 Brunch for Lunch French Toast Sticks
Chicken Sausage
Sweet Potato Fries
Fresh Orange Wedge

18 Beef Cheeseburger on Whole Grain Roll
Steamed Corn
Vegetarian Beans
Fresh Banana

19 Grilled Cheese Sandwich on Whole Grain Bread
Tomato Soup (Soup available for all students who get a lunch)
Steamed Zucchini
Chilled Pineapple

20 Whole Grain Cheese Pizza
Romaine Salad
Fresh Pear



31 Early Dismissal on December 4th and 10th

Bagged Lunches will be available for all Students.



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 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

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