

Welcome to our Breakfast Cafe @

Cohoes City High School

December 2017

Monday

Tuesday

Wednesday

Thursday

Friday



**FUEL YOUR DAY
THE RIGHT WAY.
EAT A HEALTHY
BREAKFAST!**




1	French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit
---	---

4	Egg and Cheese Sandwich Apple 100% Juice Sliced Peaches	5	Waffles with Sausage Syrup Apple 100% Juice Diced Pears	6	Pancakes & Sausage Syrup 100% Orange Juice Blend Sliced Peaches	7	Sausage and Egg Sandwich 100% Orange Juice Blend Diced Pears	8	French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit
---	---	---	---	---	---	---	--	---	---

11	Pancakes & Sausage Syrup 100% Orange Juice Blend Mixed Fruit	12	Waffles with Sausage Syrup Apple 100% Juice Diced Pears	13	Scrambled Eggs Plain Mini Bagels 100% Orange Juice Blend Diced Pears	14	Egg and Cheese Sandwich Apple 100% Juice Applesauce	15	French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit
----	--	----	---	----	---	----	---	----	---

18	Pancakes & Sausage Sausage Patty Syrup 100% Orange Juice Blend Sliced Peaches	19	Waffles with Sausage Syrup Apple 100% Juice Diced Pears	20	Sausage and Egg Sandwich 100% Orange Juice Blend Applesauce	21	Scrambled Eggs Plain Mini Bagels 100% Orange Juice Blend Mixed Fruit	22	French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit
----	---	----	---	----	---	----	---	----	---

25	Christmas Day 	26	Kwanzaa	27	Holiday Recess No School	28	Holiday Recess No School	29	Holiday Recess No School
----	--	----	---------	----	-----------------------------	----	-----------------------------	----	-----------------------------

SIMPLY ROOTED™ in food and family

Our chicken products were raised without the use of non-therapeutic antibiotics. Plus, all of our chicken and pork products are hormone free. This is because we are Simply Rooted™ in food



and family and use ingredients that are locally sourced, all natural, and organic or non-GMO, whenever possible.



Breakfast Prices

Regular: \$1.25

Reduced: \$0.25

Breakfast is served in the cafe between the hours of 7:15 and 8:00

December 5th is Early Dismissal for all Cohoes Students.

Available Daily

- Whole grain bagels w/ butter or low fat cream cheese
- Assorted Yogurt and Yogurt Parfait with Fruit and Granola
- Assorted Muffins: blueberry, chocolate chip or corn
- Assorted Cereals: Cinnamon Toast Crunch, Honey Nut Cheerios, Rice Krispies
- All served with choice of bread, fat free or low fat milk, assorted juices and cupped fruits

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.