

Welcome to our Breakfast Cafe @

Cohoes Middle School

December 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



1 French Toast
Turkey Sausage Patty
Syrup
100% Orange Juice Blend
Mixed Fruit

4 Egg and Cheese Sandwich
Apple 100% Juice
100% Orange Juice Blend
Applesauce

5 WW Bagel
Lite Cream Cheese
Apple 100% Juice
100% Orange Juice Blend
Sliced Peaches

6 Pancakes & Sausage
Syrup
100% Orange Juice Blend
Sliced Peaches

7 Waffles with Sausage
Syrup
100% Orange Juice Blend
Applesauce

8 French Toast
Turkey Sausage Patty
Syrup
Apple 100% Juice
Mixed Fruit

11 Pancakes & Sausage
Syrup
100% Orange Juice Blend
Applesauce

12 WW Bagel
Lite Cream Cheese
Apple 100% Juice
100% Orange Juice Blend
Sliced Peaches

13 Scrambled Eggs
WW Bagel
Apple 100% Juice
100% Orange Juice Blend
Diced Pears

14 Egg and Cheese
Sandwich
Apple 100% Juice
100% Orange Juice Blend
Applesauce

15 French Toast
Turkey Sausage Patty
Syrup
Apple 100% Juice
Mixed Fruit


18 Pancakes & Sausage
Syrup
100% Orange Juice Blend
Sliced Peaches

19 Waffles with Sausage
Syrup
Apple 100% Juice
Diced Pears

20 Scrambled Eggs
WW Bagel
Apple 100% Juice
100% Orange Juice Blend
Diced Pears

21 Egg and Cheese
Sandwich
Apple 100% Juice
100% Orange Juice Blend
Applesauce

22 French Toast
Turkey 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

Breakfast is Free
for all Middle School Students!
Early Dismissal for All Cohoes
Students on December 5th.

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 fresh fruits

If you have any questions or would like additional information regarding this menu, please contact the school nutrition department.

*Consuming raw or undercooked 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.