

Welcome to our Breakfast Cafe @

Cohoes City Harmony Hill

December 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



1 Strawberry Banana Yogurt Cup
Scooby Doo Cinnamon Graham Crackers
Apple Grape 100% Juice
Applesauce

4 Red. Sugar Cocoa Puffs
Red. Sugar Cinnamon Toast Crunch
String Cheese
100% Orange Juice Blend
Diced Pears

5 Apple Cinnamon Muffin
String Cheese
100% Orange Juice Blend
Pineapple Tidbits

6 WW Bagel
Lite Cream Cheese
Apple 100% Juice
Diced Pears

7 Strawberry Nutri-Grain Bar
String Cheese
100% Orange Juice Blend
Diced Peach Cup

8 Strawberry Banana Yogurt Cup
Scooby Doo Cinnamon Graham Crackers
100% Orange Juice Blend
Applesauce

11 Red. Sugar Trix
Red. Sugar Cocoa Puffs
String Cheese
100% Orange Juice Blend
Applesauce

12 Apple Cinnamon Muffin
String Cheese
100% Orange Juice Blend
Pineapple Tidbits

13 WW Bagel
Lite Cream Cheese
Apple 100% Juice
Diced Pears

14 Strawberry Nutri-Grain Bar
String Cheese
Apple Grape 100% Juice
Mixed Fruit

15 Strawberry Banana Yogurt Cup
Scooby Doo Cinnamon Graham Crackers
100% Orange Juice Blend
Diced Peach Cup

18 Cheerios
Red. Sugar Trix
String Cheese
Apple 100% Juice
Diced Pears

19 Chocolate Chip Muffin
String Cheese
Apple Grape 100% Juice
Diced Peach Cup

20 WW Bagel
Lite Cream Cheese
Apple 100% Juice
Diced Pears

21 Strawberry Nutri-Grain Bar
String Cheese
Apple Grape 100% Juice
Mixed Fruit

22 Strawberry Banana Yogurt Cup
Scooby Doo Cinnamon Graham Crackers
100% Orange Juice Blend
Diced Peach Cup

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 is Free to all Elementary Students

Early Dismissal is December 5th for all Cohoes Students.

Available Daily

All meals served with choice of fat free white 1% white or fat free chocolate milk.

If you have any questions or would like additional information regarding this menu please contact your food service director

Brian Nolan at 237-9100 x 1411

*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.