

Welcome to our Breakfast Cafe @

Cohoes City Abram Lansing

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday

FUEL YOUR DAY THE RIGHT WAY
WHITSONS EAT A HEALTHY BREAKFAST



- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH ALL NATURAL INGREDIENTS
- PORK
- VEGAN

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

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

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

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

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

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

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

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

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

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

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

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

19 Presidents Day
No. School

20 Winter Break

21 Winter Break

22 Winter Break

23 Winter Break

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

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

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

SIMPLY ROOTED™
in food and family

At Whitsons we believe that MSG, partially hydrogenated oils, artificial colors, flavors or preservatives and high fructose corn syrup do not need to be in the foods we eat. We are Simply



Rooted™ in food and family and we care. Our ingredients are locally sourced, all natural, and organic or non-GMO, whenever possible.



Breakfast is Free to all Elementary 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 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.