

# Welcome to our Breakfast Cafe @

## Cohoes City High School

### 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 Egg and Cheese Sandwich Apple 100% Juice Applesauce		2 French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit	
5 Egg and Cheese Sandwich Apple 100% Juice Sliced Peaches		6 Waffles with Sausage Syrup Apple 100% Juice Diced Pears		7 Pancakes & Sausage Syrup 100% Orange Juice Blend Sliced Peaches	
		8 Sausage and Egg Sandwich 100% Orange Juice Blend Diced Pears		9 French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit	
12 Pancakes & Sausage Sausage Patty Syrup 100% Orange Juice Blend Sliced Peaches		13 Waffles with Sausage Syrup Apple 100% Juice Diced Pears		14 Scrambled Eggs Plain Mini Bagels 100% Orange Juice Blend Diced Pears	
		15 Egg and Cheese Sandwich Apple 100% Juice Applesauce		16 French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit	
19 <b>Presidents Day No School</b>		20 Winter Break No School		21 Winter Break No School	
		22 Winter Break No School		23 Winter Break No School	
26 Pancakes & Sausage Sausage Patty Syrup 100% Orange Juice Blend Sliced Peaches		27 Waffles with Sausage Syrup Apple 100% Juice Diced Pears		28 Sausage and Egg Sandwich 100% Orange Juice Blend Applesauce	

### 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 Prices

Regular: \$1.25  
Reduced: \$0.25

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

#### 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. If you have any questions or would like additional information regarding this menu.