

Welcome to our Breakfast Cafe

Cohoes Middle 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 100% Orange Juice Blend Applesauce	2	French Toast Turkey Sausage Patty Syrup 100% Orange Juice Blend Mixed Fruit
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5	Egg and Cheese Sandwich Apple 100% Juice 100% Orange Juice Blend Applesauce	6	Waffles with Sausage Syrup Apple 100% Juice Diced Pears	7	Pancakes & Sausage Syrup 100% Orange Juice Blend Sliced Peaches
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8	Waffles with Sausage Syrup 100% Orange Juice Blend Applesauce	9	French Toast Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit
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12	Pancakes & Sausage Syrup 100% Orange Juice Blend Sliced Peaches	13	WW Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Sliced Peaches	14	Scrambled Eggs WW Bagel Apple 100% Juice 100% Orange Juice Blend Diced Pears
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15	Egg and Cheese Sandwich Apple 100% Juice 100% Orange Juice Blend Applesauce	16	French Toast Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit
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19 Presidents Day
No School

20 Winter Break

21 Winter Break

22 Winter Break

23 Winter Break

26	Egg and Cheese Sandwich Apple 100% Juice 100% Orange Juice Blend Applesauce
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27	Waffles with Sausage Syrup Apple 100% Juice Diced Pears
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28	Scrambled Eggs WW Bagel Apple 100% Juice 100% Orange Juice Blend Diced Pears
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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

Breakfast is Free for all Middle School 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 fresh 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.