

Welcome to our Breakfast Cafe @

Cohoes City Harmony Hill

February 2018

Monday

Tuesday

Wednesday

Thursday

Friday

FUEL YOUR DAY THE RIGHT WAY
WHITSONS EAT A HEALTHY BREAKFAST

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
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5 Red. Sugar Cocoa Puffs Red. Sugar Cinnamon Toast Crunch String Cheese 100% Orange Juice Blend Diced Pears	6 French Toast Turkey Sausage links 100% Orange Juice Blend Pineapple Tidbits	7 WW Bagel Lite Cream Cheese Apple 100% Juice Diced Pears	8 Pancakes & Sausage 100% Orange Juice Blend Diced Peach Cup	9 Strawberry Banana Yogurt Cup Scooby Doo Cinnamon Graham Crackers 100% Orange Juice Blend Applesauce
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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 Waffles with Sausage 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
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19 Presidents Day No School	20 Winter Break	21 Winter Break	22 Winter Break	23 Winter Break
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26 Cheerios Red. Sugar Trix String Cheese Apple 100% Juice Diced Pears	27 Pancakes & Sausage Apple Grape 100% Juice Diced Peach Cup	28 WW Bagel Lite Cream Cheese Apple 100% Juice 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 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.