

Welcome to our Breakfast Cafe

Cohoes City Van Schaick Elem

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

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.