



Cohoes High & Middle School

June 2017

29 June is National Safety Month

side items

30 June 5th is World Environment Day

side items

31 June 8th is World Ocean Day

side items

1 Pancakes w/ Syrup
Sausage Patty

side items
Apple Juice or Orange Juice
1% White or Skim Milk

2 Whole Grain Doughnut

side items
Apple Juice or Orange Juice
1% White or Skim Milk

5 Whole Grain Chocolate Chip Muffin

side items
Apple Juice or Orange Juice
1% White or Skim Milk

6 Apple Frudel

side items
Apple Juice or Orange Juice
1% White or Skim Milk

7 Pancake Sandwich
(Sausage, Egg and Cheese)

side items
Apple Juice or Orange Juice
1% White or Skim Milk

8 Waffles w/ Syrup
Sausage Patty

side items
Apple Juice or Orange Juice
1% White or Skim Milk

9 Blueberry Muffin

side items
Apple Juice or Orange Juice
1% White or Skim Milk

12 French Toast w/ Syrup
Sausage Patty

side items
Apple Juice or Orange Juice
1% White or Skim Milk

13 Pancake w/ Syrup
Sausage Patty

side items
Apple Juice or Orange Juice
1% White or Skim Milk

14 French Toast Sticks w/ Syrup
Sausage Patty

side items
Apple Juice or Orange Juice
1% White or Skim Milk

15 Waffles w/ Syrup
Sausage Patty

side items
Apple Juice or Orange Juice
1% White or Skim Milk

16 Bagel w/ Cream Cheese

side items
Apple Juice or Orange Juice
1% White or Skim Milk

19 Assorted Cereal Bowls
Cheese Stick or Graham Crackers

side items
Apple Juice or Orange Juice
1% White or Skim Milk

20 Assorted Cereal Bowls
Cheese Stick or Graham Crackers

side items
Apple Juice or Orange Juice
1% White or Skim Milk

21 Assorted Cereal Bowls
Cheese Stick or Graham Crackers

side items
Apple Juice or Orange Juice
1% White or Skim Milk

22 Assorted Cereal Bowls
Cheese Stick or Graham Crackers

side items
Apple Juice or Orange Juice
1% White or Skim Milk

23 Assorted Cereal Bowls
Cheese Stick or Graham Crackers

side items
Apple Juice or Orange Juice
1% White or Skim Milk

26 Have a Great Summer and Be Safe!

side items

27 See you next September!

side items

28 June 14th is Flag Day.

side items

29 June 18th is Fathers Day and International Picnic Day!

side items

30 June 21st is International Yoga Day.

side items

Questions? Contact Brian Nolan
Food Service Director
237-9100 x 1411

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

High School Breakfast \$1.25 - Middle School Free

Adult Breakfast is \$2.25



1% White, Skim and Fat Free Chocolate Milk Offered

