



Cohoes High & Middle School

May 2017

1
Whole Grain Bagel w/
Cream Cheese
1/2 Cup Pears

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

2
Whole Grain
Pancakes w/ Syrup
Sausage Patty
1/2 Cup Fruit Cocktail

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

3
Whole Grain
Chocolate Chip
Muffin
1/2 Cup Applesauce

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

4
Whole Grain French
Toast w/ Syrup
Sausage Patty
1/2 Cup Diced Pears

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

5
Apple Frudel
1/2 Cup Fruit Cocktail

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

8
Whole Grain Glazed
Donut
1/2 Cup Pears

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

9
Whole Grain
Pancakes w/ Syrup
Sausage Patty
1/2 Cup Fruit Cocktail

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

10
Whole Grain Waffles
w/ Syrup
Sausage Patty
1/2 Cup Applesauce

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

11
Whole Grain French
Toast Sticks
Sausage Patty
1/2 Cup Diced Pears

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

12
Apple Frudel
1/2 Cup Fruit Cocktail

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

15
Whole Grain Bagel w/
Cream Cheese
1/2 Cup Pears

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

16
Whole Grain
Pancakes w/ Syrup
Sausage Patty
1/2 Cup Fruit Cocktail

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

17
Whole Grain
Chocolate Chip
Muffin
1/2 Cup Applesauce

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

18
Whole Grain French
Toast w/ Syrup
Sausage Patty
1/2 Cup Diced Pears

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

19
Apple Frudel
1/2 Cup Fruit Cocktail

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

22
Whole Grain Bagel w/
Cream Cheese
1/2 Cup Pears

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

23
Whole Grain
Pancakes w/ Syrup
Sausage Patty
1/2 Cup Fruit Cocktail

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

24
Whole Grain Waffles
w/ Syrup
Sausage Patty
1/2 Cup Applesauce

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

25
Whole Grain French
Toast w/ Syrup
Sausage Patty
1/2 Cup Diced Pears

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

26
Contingency Day
No School

side items

29
Memorial Day
No School

side items

30
Whole Grain
Pancakes w/ Syrup
Sausage Patty
1/2 Cup Fruit Cocktail

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

31
Whole Grain Waffles
w/ Syrup
Sausage Patty
1/2 Cup Applesauce

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

1
May 2nd is National
Teacher Day
May 31st is World No Tobacco Day

side items

2
May is National
Mental Health
Awareness

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



This institution is an equal opportunity provider.

