

Welcome to our Breakfast Cafe @

Cohoes City Abram Lansing

November 2017

Monday **Tuesday**



FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!

WHITSONS
School Nutrition

Wednesday

1 WW Bagel
Lite Cream Cheese
100% Orange Juice Blend
Diced Peach Cup

Thursday

2 Blueberry Muffin
String Cheese
Apple 100% Juice
Mixed Fruit

Friday

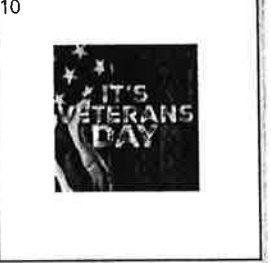
3 Strawberry Banana
Yogurt Cup
Scooby Doo Cinnamon
Graham Crackers
Apple Grape 100% Juice
Applesauce

6 Red. Sugar Cocoa Puffs
Red. Sugar Cinnamon
Toast Crunch
String Cheese
100% Orange Juice Blend
Diced Pears

**Election Day
No School**

8 WW Bagel
Lite Cream Cheese
Apple 100% Juice
Diced Pears

9 Chocolate Chip Muffin
String Cheese
100% Orange Juice Blend
Diced Peach Cup



13 Red. Sugar Trix
Red. Sugar Cocoa Puffs
String Cheese
Apple Grape 100% Juice
Applesauce

14 Apple Cinnamon Muffin
String Cheese
100% Orange Juice Blend
Pineapple Tidbits

15 WW Bagel
Lite Cream Cheese
Apple 100% Juice
Diced Pears

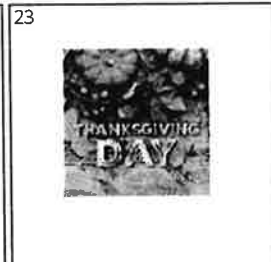
16 Blueberry Muffin
String Cheese
Apple Grape 100% Juice
Mixed Fruit

17 Strawberry Banana
Yogurt Cup
Scooby Doo Cinnamon
Graham Crackers
100% Orange Juice Blend
Diced Peach Cup

20 Cheerios
Red. Sugar Trix
String Cheese
Apple 100% Juice
Diced Pears

21 Chocolate Chip Muffin
String Cheese
Apple Grape 100% Juice
Diced Peach Cup

Thanksgiving Recess



Thanksgiving Recess

27 Red. Sugar Cocoa Puffs
Red. Sugar Cinnamon
Toast Crunch
String Cheese
100% Orange Juice Blend
Diced Pears

28 Blueberry Muffin
String Cheese
Apple 100% Juice
Diced Peach Cup

29 WW Bagel
Lite Cream Cheese
Apple 100% Juice
Diced Pears

30 Blueberry Muffin
String Cheese
Apple Grape 100% Juice
Mixed Fruit

SIMPLY ROOTED™
in food and family

Our milk is rBGH free and does not contain high fructose corn syrup. We only offer milk that is fat free or 1%. This is because we are Simply Rooted™ in food and family and



use ingredients that 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. USDA is an equal opportunity provider, employer, and lender.