

Welcome to our Breakfast Cafe @

Cohoes City High School

November 2017

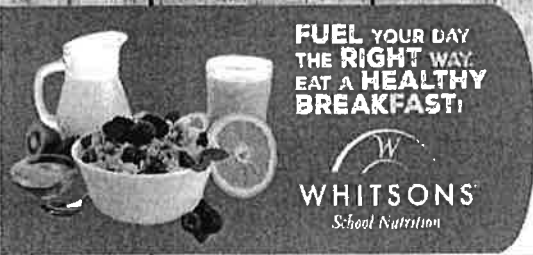
Monday

Tuesday

Wednesday

Thursday

Friday



1 Scrambled Eggs
Plain Mini Bagels
Apple 100% Juice
Diced Pears

2 Waffles with Sausage
Syrup
100% Orange Juice Blend
Applesauce

3 French Toast
Sausage Patty
Syrup
Apple 100% Juice
Mixed Fruit

6 Egg and Cheese Sandwich
Apple 100% Juice
Sliced Peaches

Election Day
No School

8 Pancakes & Sausage
Syrup
100% Orange Juice Blend
Sliced Peaches

9 Sausage and Egg Sandwich
100% Orange Juice Blend
Diced Pears



13 Pancakes & Sausage
Syrup
100% Orange Juice Blend
Mixed Fruit

14 Waffles with Sausage
Syrup
Apple 100% Juice

15 Scrambled Eggs
Plain Mini Bagels
100% Orange Juice Blend
Diced Pears

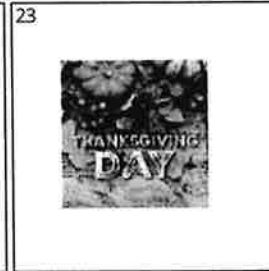
16 Egg and Cheese Sandwich
Apple 100% Juice
Applesauce

17 French Toast
Sausage Patty
Syrup
Apple 100% Juice
Mixed Fruit

20 Pancakes & Sausage
Sausage Patty
Syrup
100% Orange Juice Blend
Sliced Peaches

21 Waffles with Sausage
Syrup
Apple 100% Juice
Diced Pears

Thanksgiving Recess
No School



Thanksgiving Recess
No School

27 Pancakes & Sausage
Syrup
100% Orange Juice Blend
Diced Pears

28 Waffles with Sausage
Syrup
100% Orange Juice Blend
Applesauce

29 Sausage and Egg Sandwich
100% Orange Juice Blend
Applesauce

30 Scrambled Eggs
Plain Mini Bagels
100% Orange Juice Blend
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 Prices

Regular: \$1.25

Reduced: \$0.25

Breakfast is served in the cafe between the hours of 7:15 and 9:00

Available Daily

Whole grain bagels w/ butter or low fat cream cheese
Assorted Yogurt and Yogurt Parfait with Fruit and Granola
Assorted Muffins: blueberry, chocolate chip or corn
Assorted Cereals: Cinnamon Toast Crunch, Honey Nut Cheerios, Rice Krispies
All served with choice of bread, fat free or low fat milk, assorted juices and cupped fruits

*Consuming raw or undercooked 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.