

Welcome to our Breakfast Cafe



Cohoes Middle School

November 2017

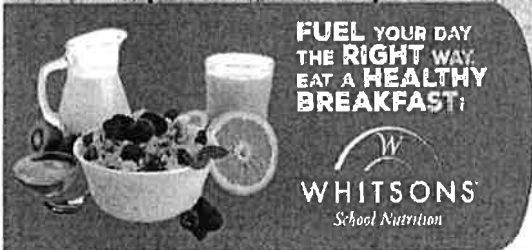
Monday

Tuesday

Wednesday

Thursday

Friday

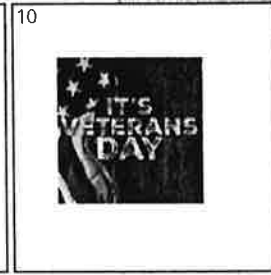


6 Egg and Cheese Sandwich
Apple 100% Juice
100% Orange Juice Blend
Applesauce

7 Election Day
No School

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

9 Waffles with Sausage Syrup
100% Orange Juice Blend
Applesauce



13 Pancakes & Sausage Syrup
100% Orange Juice Blend

14 Fresh Bagel
Lite Cream Cheese
Apple 100% Juice
100% Orange Juice Blend
Sliced Peaches

15 Scrambled Eggs
WW Bagel
Apple 100% Juice
100% Orange Juice Blend
Diced Pears

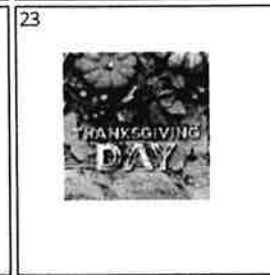
16 Egg and Cheese Sandwich
Apple 100% Juice
100% Orange Juice Blend
Applesauce

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

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

21 Waffles with Sausage Syrup
Apple 100% Juice
Diced Pears

22 Thanksgiving Recess



24 Thanksgiving Recess

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

28 Waffles with Sausage Syrup
100% Orange Juice Blend
Applesauce

29 Scrambled Eggs
WW Bagel
Apple 100% Juice
100% Orange Juice Blend
Diced Pears

30 Egg and Cheese Sandwich
Apple 100% Juice
100% Orange Juice Blend
Applesauce

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

Breakfast is Free for all Middle School Students!

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 fresh fruits

*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.