

Welcome to our Breakfast Cafe



Cohoes City Harmony Hill

November 2017

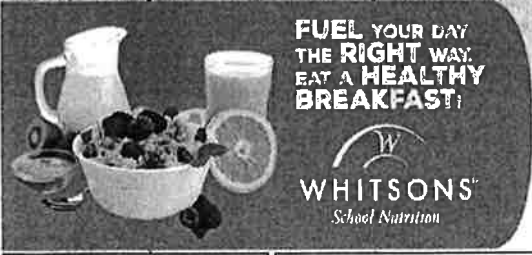
Monday

Tuesday

Wednesday

Thursday

Friday



1 Waffles with Sausage Syrup
100% Orange Juice Blend
Diced Peach Cup

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

3 Blueberry Muffin
Apple Cinnamon Muffin
Banana Muffin
String Cheese
100% Orange Juice Blend
Applesauce

6 Honey Nut Cheerios
Red. Sugar Trix
Red. Sugar Cocoa Puffs
String Cheese
100% Orange Juice Blend
Applesauce

7 Election Day
No School

8 Pancakes
Syrup
Apple Grape 100% Juice
Diced Pears

9 Waffles with Sausage Syrup
100% Orange Juice Blend
Diced Peach Cup



13 Blueberry Muffin
Apple Cinnamon Muffin
Banana Muffin
String Cheese
100% Orange Juice Blend
Applesauce

14 WW Bagel
Lite Cream Cheese
100% Orange Juice Blend
Pineapple Tidbits

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

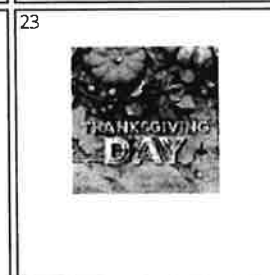
16 Egg and Cheese Sandwich
100% Orange Juice Blend
Mixed Fruit

17 Blueberry Muffin
Apple Cinnamon Muffin
Banana Muffin
String Cheese
100% Orange Juice Blend
Diced Peach Cup

20 French Toast
Turkey Sausage Patty Syrup
Apple 100% Juice
Diced Pears

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

22 Thanksgiving Recess



24 Thanksgiving Recess

27 Blueberry Muffin
Apple Cinnamon Muffin
Banana Muffin
String Cheese
100% Orange Juice Blend
Diced Pears

28 WW Bagel
Lite Cream Cheese
Apple 100% Juice
Diced Peach Cup

29 Pancakes
Syrup
Apple Grape 100% Juice
Diced Pears

30 Waffles with Sausage Syrup
100% Orange Juice Blend
Diced Peach Cup

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

Cereal, Muffins, Bagels with cream cheese and Yogurt available daily.
Yogurt Parfait with Fruit and Granola

All served with choice of fat free, low fat milk and assorted juices.

If you have any questions, please contact
Brian Nolan, Food Service Director
237-9100 x 1411

*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.