

Welcome to our Breakfast Cafe @

Cohoes City Abram Lansing

October
2017

Monday

Tuesday

Wednesday

Thursday

Friday



2 Cheerios Red. Sugar Cocoa Puffs String Cheese Apple Grape 100% Juice Diced Peach Cup	3 Apple Cinnamon Muffin String Cheese Apple 100% Juice Mixed Fruit	4 WW Bagel Lite Cream Cheese 100% Orange Juice Blend Diced Peach Cup	5 Blueberry Muffin String Cheese Apple 100% Juice Mixed Fruit	6 Strawberry Banana Yogurt Cup Scooby Doo Cinnamon Graham Crackers Apple Grape 100% Juice Applesauce
9 Columbus Day No School	10 Banana Muffin String Cheese 100% Orange Juice Blend Apple 100% Juice Diced Pears	11 WW Bagel Lite Cream Cheese Apple 100% Juice Diced Pears	12 Chocolate Chip Muffin String Cheese 100% Orange Juice Blend Diced Peach Cup	13 Strawberry Banana Yogurt Cup Scooby Doo Cinnamon Graham Crackers Apple 100% Juice Mixed Fruit
16 Red. Sugar Trix Red. Sugar Cocoa Puffs String Cheese Apple Grape 100% Juice Applesauce	17 Apple Cinnamon Muffin String Cheese 100% Orange Juice Blend Pineapple Tidbits	18 WW Bagel Lite Cream Cheese Apple 100% Juice Diced Pears	19 Blueberry Muffin String Cheese Apple Grape 100% Juice Mixed Fruit	20 Strawberry Banana Yogurt Cup Scooby Doo Cinnamon Graham Crackers 100% Orange Juice Blend Diced Peach Cup
23 Cheerios Red. Sugar Trix String Cheese Apple 100% Juice Diced Pears	24 Chocolate Chip Muffin String Cheese Apple Grape 100% Juice Diced Peach Cup	25 WW Bagel Lite Cream Cheese 100% Orange Juice Blend Applesauce	26 Apple Cinnamon Muffin String Cheese Apple 100% Juice Mixed Fruit	27 Strawberry Banana Yogurt Cup Scooby Doo Cinnamon Graham Crackers Apple Grape 100% Juice Pineapple Tidbits
30 Red. Sugar Cocoa Puffs Red. Sugar Cinnamon Toast Crunch String Cheese 100% Orange Juice Blend Diced Pears	31 Blueberry Muffin String Cheese Apple 100% Juice Diced Peach Cup			

SIMPLY ROOTED™
in food and family

All of our products have zero trans-fats, unless they are naturally occurring. 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.