

# Welcome to our Breakfast Cafe @

Cohoes City High School

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday

2 Sausage and Egg Sandwich 100% Orange Juice Blend Mixed Fruit	3 Pancakes & Sausage Syrup 100% Orange Juice Blend Sliced Peaches	4 Scrambled Eggs Plain Mini Bagels Apple 100% Juice Diced Pears	5 Waffles with Sausage Syrup 100% Orange Juice Blend Applesauce	6 French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit
9 Columbus Day No School	10 Sausage and Egg Sandwich Apple 100% Juice 100% Orange Juice Blend Sliced Peaches	11 Pancakes & Sausage Syrup 100% Orange Juice Blend Sliced Peaches	12 Sausage and Egg Sandwich 100% Orange Juice Blend Diced Pears	13 Waffles with Sausage Syrup 100% Orange Juice Blend Applesauce
16 Pancakes & Sausage Syrup 100% Orange Juice Blend Mixed Fruit	17 Waffles with Sausage Syrup Apple 100% Juice	18 Scrambled Eggs Plain Mini Bagels 100% Orange Juice Blend Diced Pears	19 Egg and Cheese Sandwich Apple 100% Juice Applesauce	20 French Toast Sausage Patty Syrup Apple 100% Juice Mixed Fruit
23 Pancakes & Sausage Sausage Patty Syrup 100% Orange Juice Blend Sliced Peaches	24 Waffles with Sausage Syrup Apple 100% Juice Diced Pears	25 Sausage and Egg Sandwich 100% Orange Juice Blend Applesauce	26 Scrambled Eggs Plain Mini Bagels 100% Orange Juice Blend Mixed Fruit	27 French Toast Sausage Patty Syrup Apple 100% Juice Sliced Peaches
30 Pancakes & Sausage Syrup 100% Orange Juice Blend Diced Pears	31 Waffles with Sausage Syrup 100% Orange Juice Blend Applesauce			

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

## 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 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

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

If you have any questions or would like additional information regarding this menu please contact your food service director [insert name] at xxx-xxx-xxxx or email

\*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.