

Welcome to our Breakfast Cafe @

Cohoes Middle School

October 2017

Monday

Tuesday

Wednesday

Thursday

Friday

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| 2 Sausage and Egg Sandwich 100% Orange Juice Blend Mixed Fruit | 3 Pancakes & Sausage Syrup 100% Orange Juice Blend Sliced Peaches | 4 Scrambled Eggs WW Bagel Apple 100% Juice Diced Pears | 5 Waffles with Sausage Syrup 100% Orange Juice Blend Applesauce | 6 French Toast Turkey Sausage Patty Syrup 100% Orange Juice Blend Mixed Fruit |
| 9 Columbus Day No School | 10 Egg and Cheese Sandwich Apple 100% Juice Sliced Peaches | 11 Pancakes & Sausage Syrup 100% Orange Juice Blend Sliced Peaches | 12 Waffles with Sausage Syrup 100% Orange Juice Blend Applesauce | 13 Waffles with Sausage Syrup 100% Orange Juice Blend Applesauce |
| 16 Pancakes & Sausage Syrup Mozzarella String Cheese 100% Orange Juice Blend | 17 Fresh Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Sliced Peaches | 18 Scrambled Eggs WW Bagel Apple 100% Juice 100% Orange Juice Blend Diced Pears | 19 Egg and Cheese Sandwich Apple 100% Juice 100% Orange Juice Blend Applesauce | 20 French Toast Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit |
| 23 Pancakes & Sausage 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 WW Bagel 100% Orange Juice Blend Mixed Fruit | 27 French Toast Turkey 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 |  | | |

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

Breakfast is Free
for all Middle School Students!

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 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.