

# Welcome to our Breakfast Cafe

Cohoes City Harmony Hill

October  
2017


Monday

Tuesday

Wednesday

Thursday

Friday

2 Pancakes Syrup Apple Grape 100% Juice Diced Pears	3 WW Bagel Lite Cream Cheese 100% Orange Juice Blend Pineapple Tidbits	4 Waffles with Sausage Syrup 100% Orange Juice Blend Diced Peach Cup	5 Scrambled Eggs Plain Mini Bagels Apple 100% Juice Diced Pears	6 Blueberry Muffin Apple Cinnamon Muffin Banana Muffin String Cheese 100% Orange Juice Blend Applesauce
9 Columbus Day No School	10 WW Bagel Lite Cream Cheese 100% Orange Juice Blend Pineapple Tidbits	11 Pancakes Syrup Apple Grape 100% Juice Diced Pears	12 Waffles with Sausage Syrup 100% Orange Juice Blend Diced Peach Cup	13 WW Bagel Apple Cinnamon Muffin String Cheese Apple 100% Juice Mixed Fruit
16 Blueberry Muffin Apple Cinnamon Muffin Banana Muffin String Cheese 100% Orange Juice Blend Applesauce	17 WW Bagel Lite Cream Cheese 100% Orange Juice Blend Pineapple Tidbits	18 Scrambled Eggs Plain Mini Bagels Apple 100% Juice Diced Pears	19 Egg and Cheese Sandwich 100% Orange Juice Blend Mixed Fruit	20 Blueberry Muffin Apple Cinnamon Muffin Banana Muffin String Cheese 100% Orange Juice Blend Diced Peach Cup
23 French Toast Turkey Sausage Patty Syrup Apple 100% Juice Diced Pears	24 WW Bagel Lite Cream Cheese 100% Orange Juice Blend Diced Peach Cup	25 Pancakes Syrup 100% Orange Juice Blend Applesauce	26 Waffles with Sausage Syrup Apple 100% Juice Mixed Fruit	27 French Toast Turkey Sausage Patty Syrup 100% Orange Juice Blend Pineapple Tidbits
30 Blueberry Muffin Apple Cinnamon Muffin Banana Muffin String Cheese 100% Orange Juice Blend Diced Pears	31 WW Bagel Lite Cream Cheese Apple 100% Juice Diced Peach Cup	 <p><b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b></p> 		

## 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**

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

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