

Welcome to our Breakfast Cafe @ Cohoes City High School

September 2017

Monday

Tuesday

Wednesday



Thursday

Friday



START YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!



<p>4</p> 	<p>5</p> 	<p>6 Pancakes & Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</p>	<p>7 Waffles with Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>	<p>8 Fresh Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Applesauce</p>
<p>11 Banana Muffin Blueberry Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese Apple 100% Juice 100% Orange Juice Blend Mixed Fruit</p>	<p>12 Fresh Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</p>	<p>13 Scrambled Eggs Plain Mini Bagels Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>	<p>14 Egg and Cheese Sandwich Apple 100% Juice 100% Orange Juice Blend Applesauce</p>	<p>15 Banana Muffin Blueberry Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese Apple 100% Juice 100% Orange Juice Blend Mixed Fruit</p>
<p>18 French Toast Sausage Patty Syrup Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</p>	<p>19 Fresh Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>	<p>20 Pancakes & Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Applesauce</p>	<p>21 Waffles with Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Mixed Fruit</p>	<p>22 French Toast Sausage Patty Syrup Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</p>
<p>25 Banana Muffin Blueberry Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>	<p>26 Fresh Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Applesauce</p>	<p>27 Waffles with Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Mixed Fruit</p>	<p>28 Banana Muffin Blueberry Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</p>	<p>29 Pancakes & Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>

At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com



or scan our QR code to see all that we are doing to keep our young customers healthy!



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 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.