

# Welcome to our Breakfast Cafe @ Cohoes Middle School

September 2017

Monday

Tuesday

Wednesday



Thursday

Friday



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



<p>4</p> 	<p>5</p>  	<p>6 Pancakes &amp; 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 Blueberry Muffin Banana Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>	<p>12 Fresh Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</p>	<p>13 Scrambled Eggs WW Bagel 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 Blueberry Muffin Banana Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>
<p>18 French Toast Turkey Sausage Patty Syrup Apple 100% Juice 100% Orange Juice Blend Applesauce</p>	<p>19 Fresh Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</p>	<p>20 Pancakes &amp; Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>	<p>21 Waffles with Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Applesauce</p>	<p>22 French Toast Turkey Sausage Patty Syrup Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>
<p>25 Blueberry Muffin Banana Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese Apple 100% Juice 100% Orange Juice Blend Applesauce</p>	<p>26 Fresh Bagel Lite Cream Cheese Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</p>	<p>27 Waffles with Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Diced Pears</p>	<p>28 Blueberry Muffin Banana Muffin Chocolate Chip Muffin Apple Cinnamon Muffin Mozzarella String Cheese Apple 100% Juice 100% Orange Juice Blend Applesauce</p>	<p>29 Pancakes &amp; Sausage Syrup Apple 100% Juice 100% Orange Juice Blend Sliced Peaches</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](http://www.Whitsons.com)



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



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 contractor.