

Welcome to our Breakfast Cafe @

Cohoes City Harmony Hill

September 2017

Monday

Tuesday

Wednesday

Thursday

Friday



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



4		5		6	Pancakes Syrup Apple Grape 100% Juice Diced Pears	7	Waffles with Sausage Syrup 100% Orange Juice Blend Diced Peach Cup	8	WW Bagel Lite Cream Cheese Apple 100% Juice Mixed Fruit
11	Blueberry Muffin Apple Cinnamon Muffin Banana Muffin String Cheese 100% Orange Juice Blend Applesauce	12	WW Bagel Lite Cream Cheese 100% Orange Juice Blend Pineapple Tidbits	13	Scrambled Eggs Plain Mini Bagels Apple 100% Juice Diced Pears	14	Egg and Cheese Sandwich 100% Orange Juice Blend Mixed Fruit	15	Blueberry Muffin Apple Cinnamon Muffin Banana Muffin String Cheese 100% Orange Juice Blend Diced Peach Cup
18	French Toast Turkey Sausage Patty Syrup Apple 100% Juice Diced Pears	19	WW Bagel Lite Cream Cheese 100% Orange Juice Blend Diced Peach Cup	20	Pancakes Syrup 100% Orange Juice Blend Applesauce	21	Waffles with Sausage Syrup Apple 100% Juice Mixed Fruit	22	French Toast Turkey Sausage Patty Syrup 100% Orange Juice Blend Pineapple Tidbits
25	Blueberry Muffin Apple Cinnamon Muffin Banana Muffin String Cheese 100% Orange Juice Blend Diced Pears	26	WW Bagel Lite Cream Cheese Apple 100% Juice Diced Peach Cup	27	Blueberry Muffin Apple Cinnamon Muffin Banana Muffin String Cheese Apple Grape 100% Juice Applesauce	28	Waffles with Sausage Syrup 100% Orange Juice Blend Mixed Fruit	29	Pancakes Syrup Apple 100% Juice Diced Pears

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 is Free to all elementary students

Available Daily

All meals served with choice of fat free white, 1% white or fat free chocolate milk.

If you have any questions or would like additional information regarding this menu please contact your food service director Brian Nolan at 237-9100 x 1411

*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.