



**Breakfast is Free
to All Students
Attending
Cohoes City
Schools**

Fruit Cup
Selection includes
Applesauce, Fruit
Cocktail, Diced
Pears and Diced
Peaches.

1
Nutrigrain Bar
Graham
Crackers
100% Juice
Fruit Cup

4
Whole Grain
Cereal
Graham
Crackers
100% Juice
Fruit Cup



6
Whole Grain
Honey Bun
Graham
Crackers
100% Juice
Fruit Cup

7
Whole Grain
Blueberry
Bread
Cheese Stick
100% Juice
Fruit Cup

8
Low Fat Yogurt,
Whole Grain
Graham
Crackers
100% Juice
Fruit Cup



12
Assorted Whole
Grain Muffin
Cheese Stick
100% Juice
Fruit Cup

13
Whole Grain
Bagel w/ Cream
Cheese
100% Juice
Fruit Cup

14
Whole
Grain Pop Tart or
Whole Grain
Cereal Bar
Cheese Stick
100% Juice
Fruit Cup

15
Nutrigrain Bar
Graham
Crackers
100% Juice
Fruit Cup

18
Whole Grain
Cereal
Graham
Crackers
100% Juice
Fruit Cup

19
Assorted Whole
Grain Muffin
Cheese Stick
100% Juice
Fruit Cup

20
Whole Grain
Honey Bun
Graham
Crackers
100% Juice
Fruit Cup

21
Whole Grain
Blueberry Bread
Cheese Stick
100% Juice
Fruit Cup

22
Low Fat Yogurt,
Whole Grain
Graham
Crackers
100% Juice
Fruit Cup

25
Whole Grain
Cereal
Graham
Crackers
100% Juice
Fruit Cup

26
Assorted Whole
Grain Muffin
Cheese Stick
100% Juice
Fruit Cup



All breakfast meals are served complete with 100% Fruit Juice (Apple, Grape and Fruit Punch) as well as 1% White or Skim Milk. Additional Fruit is available as well. Adult Breakfast Price is \$3.00 plus Tax. Adult Milk is \$0.75 plus Tax.

If you have any questions regarding this menu please contact the Food Service Director, Brian Nolan at 518-237-9100 x 1411 or Email BNolan@Cohoes.org