

# Welcome to our Breakfast Cafe at...

Cohoes City Abram Lansing

**January**  
2019

Monday

Tuesday

Wednesday


Thursday


Friday


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

1 **Happy  
New Year  
2019**


2 **Holiday  
Recess**


3 Red. Sugar Trix   
String Cheese  
Apple Grape 100% Juice  
Diced Pear Cup


4 Strawberry Nutri-Grain Bar   
100% Orange Juice Blend  
Diced Pear Cup

7 Red. Sugar Cocoa Puffs   
String Cheese  
100% Orange Juice Blend  
Mixed Fruit


**MEATLESS MONDAY**

8 Whole Grain Apple Cinnamon Muffin   
String Cheese  
Apple Grape 100% Juice  
Applesauce


9 WW Bagel   
Lite Cream Cheese  
Apple 100% Juice  
Diced Pear Cup


10 Whole Grain Chocolate Chip Muffin   
String Cheese  
100% Orange Juice Blend  
Diced Peach Cup


11 Raspberry Yogurt Cup  
Animal Crackers  
Apple Grape 100% Juice  
Mixed Fruit

14 Red. Sugar Froot Loops   
String Cheese  
Apple Grape 100% Juice  
Diced Pear Cup


**MEATLESS MONDAY**


15 Whole Grain Banana Crumb Muffin   
String Cheese  
100% Orange Juice Blend  
Diced Peach Cup


16 WW Bagel   
Lite Cream Cheese  
Apple 100% Juice  
Diced Pear Cup


17 Whole Grain Blueberry Muffin   
String Cheese  
Apple Grape 100% Juice  
Applesauce

18 Strawberry Banana Yogurt Cup  
Animal Crackers  
Apple Grape 100% Juice  
Mixed Fruit


21   
MARTIN LUTHER KING JR. DAY

22 Whole Grain Apple Cinnamon Crumb Muffin   
String Cheese  
Apple Grape 100% Juice  
Applesauce


23 WW Bagel   
Lite Cream Cheese  
Apple 100% Juice  
Diced Pear Cup


24 Whole Grain Chocolate Chip Muffin   
String Cheese  
100% Orange Juice Blend  
Diced Peach Cup


25 Strawberry Banana Yogurt Cup  
Animal Crackers  
Apple Grape 100% Juice  
Mixed Fruit

28 Reduced Sugar Cinnamon Toast Crunch   
String Cheese  
100% Orange Juice Blend  
Diced Peach Cup

**MEATLESS MONDAY**

29 Whole Grain Banana Crumb Muffin   
String Cheese  
100% Orange Juice Blend  
Mixed Fruit

30 WW Bagel   
Lite Cream Cheese  
Apple 100% Juice  
Diced Pear Cup

31 Whole Grain Blueberry Muffin   
String Cheese  
Apple Grape 100% Juice  
Applesauce



Our Simply Rooted™ food philosophy and sustainability platform is based on delivering wholesome, all-natural meals to everyone's table, while giving back to the environment.



**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

 VEGETARIAN

 MADE WITH NATURAL INGREDIENTS

 PORK

 MADE WITH ORGANIC INGREDIENTS

\*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. This institution is an equal opportunity provider.