

Welcome to our Breakfast Cafe at...

Cohoes City Abram Lansing

February
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



1 Strawberry Banana Yogurt Cup
Animal Crackers
Apple 100% Juice

4 Red. Sugar Trix String Cheese
100% Orange Juice Blend
Diced Pear Cup

MEATLESS MONDAY

5 Whole Grain Chocolate Chip Muffin
Mozzarella String Cheese
100% Orange Juice Blend
Applesauce

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

7 Whole Grain Blueberry Muffin
String Cheese
100% Orange Juice Blend
Diced Peach Cup

8 Strawberry Banana Yogurt Cup
Animal Crackers
Apple 100% Juice

11 Reduced Sugar Cinnamon Toast Crunch
String Cheese
100% Orange Juice Blend
Diced Pear Cup

MEATLESS MONDAY

12 Whole Grain Apple Cinnamon Crumb Muffin
Mozzarella String Cheese
100% Orange Juice Blend
Sliced Peaches

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

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

15 Strawberry Banana Yogurt Cup
Animal Crackers
Apple 100% Juice

18 Presidents Day
No School

19 Winter Break

20 Winter Break

21 Winter Break

22 Winter Break

25 Red. Sugar Apple Jacks
String Cheese
100% Orange Juice Blend
Diced Pear Cup

MEATLESS MONDAY

26 Whole Grain Chocolate Chip Muffin
Mozzarella String Cheese
100% Orange Juice Blend
Applesauce

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

28 Whole Grain Blueberry Muffin
String Cheese
100% Orange Juice Blend
Diced Peach Cup

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



Breakfast is Free to all Elementary Students

Assorted Flavored 100 Juice available upon request

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. This institution is an equal opportunity provider.