

Welcome to our Breakfast Cafe at...

Cohoes City Abram Lansing

March
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



<p>4 Red. Sugar Cocoa Puffs ✓ Reduced Sugar Cinnamon Toast Crunch ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> <p>MEATLESS MONDAY</p>	<p>5 Whole Grain Chocolate Chip Muffin ✓ String Cheese Apple Grape 100% Juice Diced Peach Cup</p>	<p>6 WW Bagel ✓ Cream Cheese PC Apple 100% Juice Diced Pear Cup</p>	<p>7 Strawberry Nutri-Grain Bar ✓ String Cheese 100% Orange Juice Blend Diced Peach Cup</p>	<p>1 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice Applesauce</p>
<p>11 Red. Sugar Froot Loops ✓ Red. Sugar Frosted Flakes ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> <p>MEATLESS MONDAY</p>	<p>12 Whole Grain Blueberry Muffin ✓ String Cheese Apple Grape 100% Juice Diced Peach Cup</p>	<p>13 WW Bagel ✓ Lite Cream Cheese Apple 100% Juice Diced Pear Cup</p>	<p>14 Strawberry Nutri-Grain Bar ✓ String Cheese Apple Grape 100% Juice Mixed Fruit</p>	<p>15 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice</p>
<p>18 Golden Grahams ✓ Red. Sugar Trix ✓ String Cheese Diced Pear Cup Apple 100% Juice</p> <p>MEATLESS MONDAY</p>	<p>19 Whole Grain Banana Crumb Muffin ✓ String Cheese Apple Grape 100% Juice Diced Peach Cup</p>	<p>20 WW Bagel ✓ Lite Cream Cheese Apple 100% Juice Diced Pear Cup</p>	<p>21 Strawberry Nutri-Grain Bar ✓ String Cheese Apple Grape 100% Juice Mixed Fruit</p>	<p>22 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice</p>
<p>25 Red. Sugar Apple Jacks ✓ Red. Sugar Cocoa Puffs ✓ String Cheese Diced Pear Cup Apple 100% Juice</p> <p>MEATLESS MONDAY</p>	<p>26 Whole Grain Chocolate Chip Muffin ✓ String Cheese Apple Grape 100% Juice Diced Peach Cup</p>	<p>27 WW Bagel ✓ Cream Cheese PC Apple 100% Juice Diced Pear Cup</p>	<p>28 Strawberry Nutri-Grain Bar ✓ String Cheese Apple Grape 100% Juice Mixed Fruit</p>	<p>29 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice</p>



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



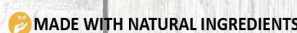
**Breakfast is Free to all
Elementary Students**

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. This institution is an equal opportunity provider.