

Welcome to our Breakfast Cafe at...

Cohoes City Abram Lansing

May 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



6 Red. Sugar Cocoa Puffs ✓
 Reduced Sugar Cinnamon Toast Crunch ✓
 String Cheese
 100% Orange Juice Blend
 Diced Pear Cup
MEATLESS MONDAY

7 Whole Grain Chocolate Chip Muffin ✓
 String Cheese
 Apple Grape 100% Juice
 Diced Peach Cup

8 WW Bagel ✓
 Cream Cheese PC
 Apple 100% Juice
 Diced Pear Cup

9 Strawberry Nutri-Grain Bar ✓
 String Cheese
 100% Orange Juice Blend
 Diced Peach Cup

10 Red. Sugar Apple Jacks ✓
 Red. Sugar Cocoa Puffs ✓
 String Cheese
 Diced Pear Cup
 Apple 100% Juice

13 Red. Sugar Froot Loops ✓
 Red. Sugar Frosted Flakes ✓
 String Cheese
 100% Orange Juice Blend
 Diced Pear Cup
MEATLESS MONDAY

14 Whole Grain Blueberry Muffin ✓
 String Cheese
 Apple Grape 100% Juice
 Diced Peach Cup

15 WW Bagel ✓
 Cream Cheese PC
 Apple 100% Juice
 Diced Pear Cup

16 Strawberry Banana Yogurt Cup
 Animal Crackers
 Apple Grape 100% Juice

17 Red. Sugar Froot Loops ✓
 Red. Sugar Frosted Flakes ✓
 String Cheese
 100% Orange Juice Blend
 Diced Pear Cup

20 Red. Sugar Cocoa Puffs ✓
 Reduced Sugar Cinnamon Toast Crunch ✓
 String Cheese
 100% Orange Juice Blend
 Diced Pear Cup
MEATLESS MONDAY

21 Whole Grain Apple Cinnamon Crumb Muffin ✓
 String Cheese
 Apple Grape 100% Juice
 Diced Peach Cup

22 WW Bagel ✓
 Cream Cheese PC
 Apple 100% Juice
 Diced Pear Cup

23 Strawberry Banana Yogurt Cup
 Animal Crackers
 Apple Grape 100% Juice

24 **SCHOOL CLOSED TODAY**

27 **MEMORIAL DAY**

28 **SCHOOL CLOSED TODAY**

29 WW Bagel ✓
 Cream Cheese PC
 Apple 100% Juice
 Diced Pear Cup

30 Strawberry Banana Yogurt Cup
 Animal Crackers
 Apple Grape 100% Juice

31 Red. Sugar Apple Jacks ✓
 Red. Sugar Cocoa Puffs ✓
 String Cheese
 Diced Pear Cup
 Apple 100% Juice



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



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.