

Welcome to our Breakfast Cafe at...

Cohoes City Abram Lansing

September 2019

Monday

Tuesday








Wednesday

Thursday

Friday

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



<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5 Whole Grain Apple Cinnamon Crumb 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>9 Red. Sugar Cocoa Puffs ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>10 Whole Grain Chocolate Chip Muffin ✓ String Cheese Apple Grape 100% Juice Diced Peach Cup</p>	<p>11 WW Bagel ✓ Cream Cheese PC Apple 100% Juice Diced Pear Cup</p>	<p>12 Strawberry Nutri-Grain Bar ✓ String Cheese 100% Orange Juice Blend Diced Peach Cup</p>	<p>13 Red. Sugar Apple Jacks ✓ String Cheese Diced Pear Cup Apple 100% Juice</p>
<p>16 Red. Sugar Froot Loops ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>17 Whole Grain Blueberry Muffin ✓ String Cheese Apple Grape 100% Juice Diced Peach Cup</p>	<p>18 WW Bagel ✓ Cream Cheese PC Apple 100% Juice Diced Pear Cup</p>	<p>19 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice</p>	<p>20 Red. Sugar Frosted Flakes ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p>
<p>23 Reduced Sugar Cinnamon Toast Crunch ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>24 Whole Grain Apple Cinnamon Crumb Muffin ✓ String Cheese Apple Grape 100% Juice Diced Peach Cup</p>	<p>25 WW Bagel ✓ Cream Cheese PC Apple 100% Juice Diced Pear Cup</p>	<p>26 Strawberry Nutri-Grain Bar ✓ String Cheese 100% Orange Juice Blend Diced Peach Cup</p>	<p>27 Red. Sugar Apple Jacks ✓ String Cheese Diced Pear Cup Apple 100% Juice</p>
<p>30 Red. Sugar Trix ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 				

Whitsons is proud to be a part of the Meatless Monday campaign, a national campaign that encourages students to enjoy a meat-free meal on Mondays.

**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.