

Welcome to our Breakfast Cafe at...

Cohoes City Harmony Hill

January
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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


1
Happy New
Years!
2019

2


3
Egg and Cheese
Sandwich ✓
Applesauce
Apple 100% Juice

4 Red. Sugar Apple Jacks ✓
Mozzarella String Cheese
Apple 100% Juice
Mixed Fruit


7 Whole Grain Blueberry
Muffin ✓
Mozzarella String Cheese
100% Orange Juice Blend
Sliced Peaches



8 Ham, Egg and Cheese
Sandwich P
100% Juice Fruit Punch
Applesauce


9 Whole Grain Pancakes
with Sausage
Syrup
100% Orange Juice Blend
Sliced Peaches

10 Sausage and Egg
Sandwich
100% Orange Juice Blend
Diced Pear Cup



11 Golden Grahams ✓
Mozzarella String Cheese
Apple 100% Juice
Mixed Fruit

14 Honey Whole Wheat
Bagel ✓
Lite Cream Cheese
Apple 100% Juice
Sliced Peaches




15 Bacon, Egg and Cheese
Breakfast Sandwich
100% Orange Juice Blend
Applesauce

16 Scrambled Eggs
WW Bagel ✓
100% Orange Juice Blend
Diced Pear Cup

17 Egg and Cheese
Sandwich ✓
Apple 100% Juice
Sliced Peaches

18 Red. Sugar Cocoa Puffs ✓
Mozzarella String Cheese
Apple 100% Juice
Mixed Fruit

21



22 Ham, Egg and Cheese
Sandwich P
Syrup
100% Orange Juice Blend
Applesauce

23 Whole Grain Pancakes
with Sausage
Syrup
100% Orange Juice Blend
Sliced Peaches

24 Sausage and Egg
Sandwich
Syrup
100% Orange Juice Blend
Applesauce

25 Red. Sugar Trix ✓
Mozzarella String Cheese
Apple 100% Juice
Mixed Fruit

28 Whole Grain Blueberry
Muffin ✓
Mozzarella String Cheese
100% Orange Juice Blend
Sliced Peaches



29 Bacon, Egg and Cheese
Breakfast Sandwich
100% Orange Juice Blend
Applesauce

30 Scrambled Eggs
WW Bagel ✓
100% Orange Juice Blend
Diced Pear Cup

31 Egg and Cheese
Sandwich ✓
Apple 100% Juice
Sliced Peaches



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 and Middle
School Students**

Available Daily

Muffins, Bagels with Cream Cheese and Cereal offered Daily
All served with choice of fat free or low fat milk, assorted juices.

If you have any questions or would like additional information regarding this menu please contact your food service director [insert name] at xxx-xxx-xxxx or email

✓ VEGETARIAN 🍌 MADE WITH NATURAL INGREDIENTS P 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.