

Welcome to our Breakfast Cafe at...

Cohoes City Harmony Hill

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 Grape 100% Juice
Mixed Fruit

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



5 Whole Grain French Toast Slices
Crispy Sausage Links
100% Orange Juice Blend
Diced Peach Cup

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

7 Whole Grain Pancakes with Sausage
100% Orange Juice Blend
Diced Peach Cup

8 Strawberry Banana Yogurt Cup
Animal Crackers
Apple Grape 100% Juice
Mixed Fruit

11 Red. Sugar Cocoa Puffs
String Cheese
100% Orange Juice Blend
Diced Pear Cup

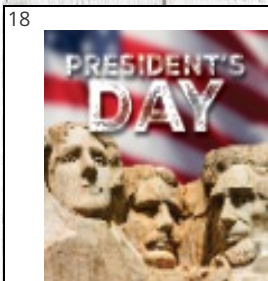


12 Egg and Cheese Sandwich
100% Orange Juice Blend
Diced Pear Cup

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

14 Strawberry Nutri-Grain Bar
String Cheese
Apple Grape 100% Juice
Applesauce

15 Strawberry Banana Yogurt Cup
Animal Crackers
Apple Grape 100% Juice
Mixed Fruit



SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

SCHOOL
CLOSED
TODAY

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



26 Whole Grain French Toast Slices
Crispy Sausage Links
100% Orange Juice Blend
Diced Peach Cup

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

28 Whole Grain Pancakes with Sausage
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**

Winter Break is February 19th through the 22nd.

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.