

Welcome to our Breakfast Cafe at...

Cohoes City Harmony Hill

May 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



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



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

8 Scrambled Eggs
Mini Whole Wheat Bagel
Apple 100% Juice
Diced Pear Cup

9 Whole Grain Waffles with Sausage
100% Orange Juice Blend
Diced Peach Cup

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

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



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

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

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

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

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

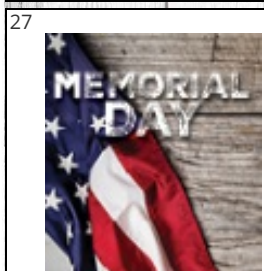


21 Whole Grain French Toast Slices
Crispy Sausage Links
100% Orange Juice Blend
Diced Peach Cup

22 Scrambled Eggs
Mini Whole Wheat Bagel
Apple 100% Juice
Diced Pear Cup

23 Whole Grain Waffles with Sausage
100% Orange Juice Blend
Diced Peach Cup

SCHOOL CLOSED TODAY



SCHOOL CLOSED TODAY

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

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

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



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



*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.