

Welcome to our Breakfast Cafe at...

Cohoes City Harmony Hill

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 Strawberry Nutri-Grain Bar ✓ String Cheese Apple Grape 100% Juice Applesauce</p>	<p>6 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice Mixed Fruit</p>
<p>9 Red. Sugar Trix ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>10 Whole Grain French Toast Slices Crispy Pork Sausage Links 100% Orange Juice Blend Diced Peach Cup</p>	<p>11 Scrambled Eggs ✓ Mini Whole Wheat Bagel ✓ Apple 100% Juice Diced Pear Cup</p>	<p>12 Whole Grain Waffles with Sausage 100% Orange Juice Blend Diced Peach Cup</p>	<p>13 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice Mixed Fruit</p>
<p>16 Reduced Sugar Cinnamon Toast Crunch ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>17 Egg and Cheese Sandwich ✓ 100% Orange Juice Blend Diced Pear Cup</p>	<p>18 WW Bagel ✓ Cream Cheese PC Apple 100% Juice Diced Pear Cup</p>	<p>19 Strawberry Nutri-Grain Bar ✓ String Cheese Apple Grape 100% Juice Applesauce</p>	<p>20 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice Mixed Fruit</p>
<p>23 Golden Grahams ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>24 Whole Grain French Toast Slices Crispy Pork Sausage Links 100% Orange Juice Blend Diced Peach Cup</p>	<p>25 Scrambled Eggs ✓ Mini Whole Wheat Bagel ✓ Apple 100% Juice Diced Pear Cup</p>	<p>26 Strawberry Nutri-Grain Bar ✓ String Cheese Apple Grape 100% Juice Applesauce</p>	<p>27 Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice Mixed Fruit</p>
<p>30 Red. Sugar Cocoa Puffs ✓ 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**

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.