

# Welcome to our Breakfast Cafe at...

Cohoes City High School

**January**  
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



2  
**Holiday Recess  
No School**

3  
Egg and Cheese Sandwich ✓  
100% Orange Juice Blend  
Sliced Peaches

4  
Whole Grain French Toast Slices ✓  
Turkey Sausage Patty  
Syrup  
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% Orange Juice Blend  
Applesauce

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

10  
Sausage and Egg Sandwich  
100% Orange Juice Blend  
Applesauce



11  
Whole Grain Waffles with Sausage Syrup  
Apple 100% Juice  
Mixed Fruit

14  
Fresh Bagel ✓  
Lite Cream Cheese  
Apple 100% Juice  
Pineapple Chunks



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 ✓  
100% Orange Juice Blend  
Sliced Peaches

18  
Whole Grain French Toast Slices ✓  
Turkey Sausage Patty  
Syrup  
Apple 100% Juice  
Mixed Fruit

21  
MARTIN LUTHER KING JR. DAY

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

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

24  
Sausage and Egg Sandwich  
100% Orange Juice Blend  
Applesauce

25  
Whole Grain Waffles with Sausage Syrup  
Apple 100% Juice  
Mixed Fruit

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



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

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

31  
Egg and Cheese Sandwich ✓  
100% Orange Juice Blend  
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**

**High School Breakfast is  
\$1.30**

**Available Daily**

Egg Sandwiches, Whole grain bagels w/ butter or low fat cream cheese

Assorted Yogurt with Graham Crackers

Assorted Muffins: blueberry, chocolate chip or apple

Assorted Cereals: Cinnamon Toast Crunch, Trix and Fruit Loops

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



\*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.