

# Welcome to our Breakfast Cafe at...

## Cohoes City High School

# February 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



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

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



5 Ham, Egg and Cheese Sandwich  
100% Orange Juice Blend  
Diced Pear Cup

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

7 Sausage and Egg Sandwich  
100% Orange Juice Blend  
Mixed Fruit



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

11 Fresh Bagel  
Lite Cream Cheese  
Apple 100% Juice  
Pineapple Chunks

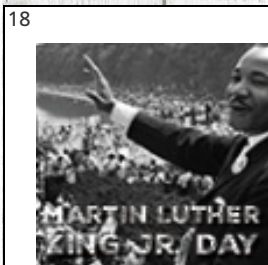


12 Bacon, Egg and Cheese Breakfast Sandwich  
100% Orange Juice Blend  
Sliced Peaches

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

14 Egg and Cheese Sandwich  
100% Orange Juice Blend  
Sliced Peaches

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



SCHOOL CLOSED TODAY

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



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

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

28 Egg and Cheese Sandwich  
100% Orange Juice Blend  
Sliced Peaches

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 and Middle  
School Students**

**High School Breakfast is  
\$1.30**

**Available Daily**

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

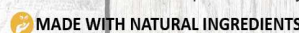
Assorted Yogurt with Graham Crackers

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.