

Welcome to our Breakfast Cafe at...

Cohoes City High School

May 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



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



7 Sausage, Egg and Cheese Sandwich
100% Orange Juice Blend
Diced Pear Cup

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

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



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

13 Fresh Bagel
Apple 100% Juice
Pineapple Chunks



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

15 Sicilian Style Breakfast Pizza
100% Orange Juice Blend
Diced Pear Cup

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

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

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



21 Sausage, Egg and Cheese Sandwich
100% Orange Juice Blend
Diced Pear Cup

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

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

24 **SCHOOL CLOSED TODAY**

27 **MEMORIAL DAY**

28 **SCHOOL CLOSED TODAY**

29 Scrambled Eggs
100% Orange Juice Blend
Diced Pear Cup

30 Fruity Parfait
100% Orange Juice Blend
Sliced Peaches

31 Whole Grain Waffles with Sausage Syrup
Apple 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 and Middle
School Students**

**High School Breakfast is
\$1.30**

Reduced Lunch is \$0.25

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.