

Welcome to our Breakfast Cafe at...

Cohoes City High School

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</p> <p>Sausage, Egg and Cheese Sandwich  100% Orange Juice Blend Diced Pear Cup</p>	<p>6</p> <p>Whole Grain French Toast Slices  Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>
<p>9</p> <p>Egg and Cheese Sandwich  Apple 100% Juice Sliced Peaches</p> 	<p>10</p> <p>Scrambled Eggs  WW Bagel  100% Orange Juice Blend Applesauce</p>	<p>11</p> <p>Whole Grain Chocolate Chip Muffin  Mozzarella String Cheese Apple 100% Juice Sliced Peaches</p>	<p>12</p> <p>Sausage, Egg & Cheese Burrito*  100% Orange Juice Blend Diced Pear Cup</p>	<p>13</p> <p>Fluffy Whole Grain Waffles  Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>
<p>16</p> <p>Whole Grain Blueberry Muffin  Mozzarella String Cheese Apple 100% Juice Sliced Peaches</p> 	<p>17</p> <p>Sicilian Style Breakfast Pizza  100% Orange Juice Blend Applesauce</p>	<p>18</p> <p>Ham, Egg and Cheese Sandwich  Mozzarella String Cheese Apple 100% Juice Sliced Peaches</p>	<p>19</p> <p>Fresh Bagel  Cream Cheese PC 100% Orange Juice Blend Diced Pear Cup</p>	<p>20</p> <p>Fluffy Whole Grain Pancakes  Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>
<p>23</p> <p>Whole Grain Apple Cinnamon Crumb Muffin  Mozzarella String Cheese Apple 100% Juice Sliced Peaches</p> 	<p>24</p> <p>Scrambled Eggs  WW Bagel  100% Orange Juice Blend Applesauce</p>	<p>25</p> <p>Bacon, Egg and Cheese Breakfast Sandwich Apple 100% Juice Sliced Peaches</p>	<p>26</p> <p>Sausage, Egg & Cheese Burrito*  100% Orange Juice Blend Diced Pear Cup</p>	<p>27</p> <p>Whole Grain French Toast Slices  Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>
<p>30</p> <p>Egg and Cheese Sandwich  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 Students at Cohoes City Schools

Available Daily

- Egg Sandwiches, Whole grain bagels w/ butter or low fat cream cheese
- Assorted Yogurt and Yogurt Parfait with Fruit and Granola
- Assorted Muffins: blueberry, chocolate chip or corn
- Assorted Cereals offered daily
- 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

 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.