

Welcome to our Breakfast Cafe at...

Cohoes City Van Schaick Elem

January
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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

1 **Happy
New Year
2019**

2 **Holiday
Recess**

3 Red. Sugar Trix ✓
Red. Sugar Cocoa Puffs ✓
String Cheese
Apple Grape 100% Juice
Diced Pear Cup

4 Strawberry Nutri-Grain Bar ✓
100% Orange Juice Blend
Diced Pear Cup

7 Red. Sugar Cocoa Puffs ✓
Reduced Sugar Cinnamon
Toast Crunch ✓
String Cheese
100% Orange Juice Blend
Diced Pear Cup

**MEATLESS
MONDAY**

8 Whole Grain Apple
Cinnamon Muffin ✓
String Cheese
Apple Grape 100% Juice
Diced Peach Cup

9 Whole Grain Waffles with
Sausage
Syrup
Apple 100% Juice
Diced Pear Cup

10 Whole Grain Chocolate
Chip Muffin ✓
String Cheese
100% Orange Juice Blend
Diced Peach Cup

11 Strawberry Banana
Yogurt Cup
Animal Crackers
Apple Grape 100% Juice
Applesauce

14 Red. Sugar Trix ✓
Red. Sugar Cocoa Puffs ✓
String Cheese
Apple Grape 100% Juice
Applesauce


**MEATLESS
MONDAY**

15 Whole Grain Banana
Muffin ✓
String Cheese
100% Orange Juice Blend
Pineapple Cup

16 Whole Grain Pancakes
with Sausage
Syrup
Apple 100% Juice
Diced Pear Cup

17 Whole Grain Blueberry
Muffin ✓
String Cheese
Apple Grape 100% Juice
Mixed Fruit

18 Strawberry Banana
Yogurt Cup
Animal Crackers
Apple Grape 100% Juice
Applesauce

21 
MARTIN LUTHER
KING JR. DAY

22 Whole Grain Apple
Cinnamon Muffin ✓
String Cheese
Apple Grape 100% Juice
Diced Peach Cup

23 Whole Grain French Toast
Slices ✓
Turkey Sausage Patty
Syrup
Apple 100% Juice
Diced Pear Cup

24 Whole Grain Chocolate
Chip Muffin ✓
String Cheese
Apple 100% Juice
Mixed Fruit

25 Strawberry Banana
Yogurt Cup
Animal Crackers
Apple Grape 100% Juice
Applesauce

28 Red. Sugar Cocoa Puffs ✓
Reduced Sugar Cinnamon
Toast Crunch ✓
String Cheese
100% Orange Juice Blend
Diced Pear Cup

**MEATLESS
MONDAY**

29 Whole Grain Banana
Muffin ✓
String Cheese
100% Orange Juice Blend
Pineapple Cup

30 Whole Grain Waffles with
Sausage
Syrup
Apple 100% Juice
Diced Pear Cup

31 Whole Grain Blueberry
Muffin ✓
String Cheese
100% Orange Juice Blend
Diced Peach Cup



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.

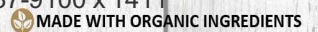


**Breakfast is Free to all
Elementary Students**

Available Daily

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



*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.