

# Welcome to our Breakfast Cafe at...

Cohoes City Van Schaick Elem

**February**  
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



1 Strawberry Banana Yogurt Cup  
Animal Crackers  
100% Orange Juice Blend

4 Red. Sugar Trix String Cheese  
100% Orange Juice Blend  
Diced Pear Cup



5 Whole Grain Chocolate Chip Muffin String Cheese  
100% Orange Juice Blend  
Applesauce

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

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

8 Strawberry Banana Yogurt Cup  
Animal Crackers  
100% Orange Juice Blend

11 Reduced Sugar Cinnamon Toast Crunch String Cheese  
100% Orange Juice Blend  
Diced Pear Cup

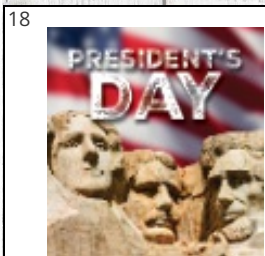


12 Whole Grain Apple Cinnamon Crumb Muffin String Cheese  
100% Orange Juice Blend

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

14 Whole Grain Banana Crumb Muffin String Cheese  
100% Orange Juice Blend  
Mixed Fruit

15 Strawberry Banana Yogurt Cup  
Animal Crackers  
100% Orange Juice Blend



19 SCHOOL CLOSED TODAY

20 SCHOOL CLOSED TODAY

21 SCHOOL CLOSED TODAY

22 SCHOOL CLOSED TODAY

25 Red. Sugar Apple Jacks String Cheese  
100% Orange Juice Blend  
Diced Pear Cup



26 Whole Grain Chocolate Chip Muffin String Cheese  
100% Orange Juice Blend

27 Whole Grain French Toast Slices Turkey Sausage Patty  
Apple 100% Juice  
Diced Pear Cup

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

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 Students**

Assorted Cereal, Muffins, Bagels, Yogurt, and Nutri-Grain Bars offered Daily

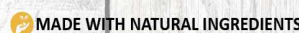
Winter Break is February 19 through February 22nd.

**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.