

Welcome to our Breakfast Cafe at...

Cohoes City Van Schaick Elem

March
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
Pineapple Cup

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



5 Whole Grain Blueberry Muffin ✓
Animal Crackers
Apple 100% Juice
Diced Peach Cup

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

7 WW Bagel ✓
Cream Cheese PC
100% Orange Juice Blend
Applesauce

8 Strawberry Nutri-Grain Bar ✓
String Cheese
100% Orange Juice Blend
Pineapple Cup

11 Golden Grahams ✓
Red. Sugar Frosted Flakes ✓
String Cheese
100% Orange Juice Blend
Diced Pear Cup



12 Whole Grain Chocolate Chip Muffin ✓
Animal Crackers
Apple 100% Juice
Diced Peach Cup

13 Whole Grain Pancakes with Sausage
Syrup
Apple 100% Juice
Mixed Fruit

14 WW Bagel ✓
Cream Cheese PC
100% Orange Juice Blend
Applesauce

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

18 Reduced Sugar Cinnamon Toast Crunch ✓
Red. Sugar Froot Loops ✓
String Cheese
100% Orange Juice Blend
Diced Pear Cup



19 Whole Grain Banana Crumb Muffin ✓
Animal Crackers
Apple 100% Juice
Diced Peach Cup

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

21 WW Bagel ✓
Cream Cheese PC
100% Orange Juice Blend
Applesauce

22 Strawberry Nutri-Grain Bar ✓
String Cheese
100% Orange Juice Blend
Pineapple Cup

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



26 Whole Grain Apple Cinnamon Crumb Muffin ✓
Animal Crackers
Apple 100% Juice
Diced Peach Cup

27 Whole Grain Pancakes with Sausage
Syrup
Apple 100% Juice
Mixed Fruit

28 WW Bagel ✓
Cream Cheese PC
100% Orange Juice Blend
Applesauce

29 Strawberry Banana Yogurt Cup
Animal Crackers
100% Orange Juice Blend
Pineapple Cup



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



Breakfast is Free to all Elementary Students

Muffins, Bagels with Low Fat Cream Cheese, Yogurt and Assorted Cereal offered daily.

Hot Breakfast Served Each Wednesday.

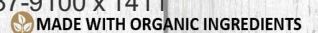
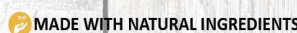
Assorted 100% Juice Offered Daily

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.