

Welcome to our Breakfast Cafe at...

Cohoes City Van Schaick Elem

May 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



6 Red. Sugar Cocoa Puffs

Red. Sugar Trix

String Cheese

100% Orange Juice Blend

Diced Pear Cup

MEATLESS MONDAY

7 Whole Grain Blueberry Muffin

Animal Crackers

Apple 100% Juice

Diced Peach Cup

8 Whole Grain French Toast Slices

Turkey Sausage Patty

Syrup

Apple 100% Juice

Mixed Fruit

9 WW Bagel

Cream Cheese PC

100% Orange Juice Blend

Applesauce

10 Strawberry Nutri-Grain Bar

String Cheese

100% Orange Juice Blend

Pineapple Cup

13 Golden Grahams

Red. Sugar Frosted Flakes

String Cheese

100% Orange Juice Blend

Diced Pear Cup

MEATLESS MONDAY

14 Whole Grain Chocolate Chip Muffin

Animal Crackers

Apple 100% Juice

Diced Peach Cup

15 Whole Grain Pancakes with Sausage

Syrup

Apple 100% Juice

Mixed Fruit

16 WW Bagel

Cream Cheese PC

100% Orange Juice Blend

Applesauce

17 Strawberry Banana Yogurt Cup

Animal Crackers

100% Orange Juice Blend

20 Red. Sugar Cocoa Puffs

Red. Sugar Trix

String Cheese

100% Orange Juice Blend

Diced Pear Cup

MEATLESS MONDAY

21 Whole Grain Banana Crumb Muffin

Animal Crackers

Apple 100% Juice

Diced Peach Cup

22 Whole Grain French Toast Slices

Turkey Sausage Patty

Syrup

Apple 100% Juice

Mixed Fruit

23 WW Bagel

Cream Cheese PC

100% Orange Juice Blend

Applesauce

SCHOOL CLOSED TODAY

27 **MEMORIAL DAY**

SCHOOL CLOSED TODAY

29 Whole Grain Pancakes with Sausage

Syrup

Apple 100% Juice

Mixed Fruit

30 WW Bagel

Cream Cheese PC

100% Orange Juice Blend

Applesauce

31 Strawberry Banana Yogurt Cup

Animal Crackers

100% Orange Juice Blend

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 Students

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

Hot Breakfast Served Each Wednesday.

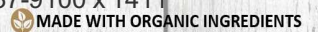
Assorted 100% Juice Offered Daily

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.