

Welcome to our Breakfast Cafe at...

Cohoes City Van Schaick Elem

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>Whole Grain Banana Crumb Muffin ✓ Animal Crackers Apple 100% Juice Diced Peach Cup</p>	<p>6</p> <p>WW Bagel ✓ Cream Cheese PC 100% Orange Juice Blend Applesauce</p>
<p>9</p> <p>Red. Sugar Cocoa Puffs ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>10</p> <p>Whole Grain Blueberry Muffin ✓ Animal Crackers Apple 100% Juice Diced Peach Cup</p>	<p>11</p> <p>Whole Grain French Toast Slices ✓ Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>	<p>12</p> <p>WW Bagel ✓ Cream Cheese PC 100% Orange Juice Blend Applesauce</p>	<p>13</p> <p>Strawberry Nutri-Grain Bar ✓ String Cheese 100% Orange Juice Blend Pineapple Cup</p>
<p>16</p> <p>Golden Grahams ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>17</p> <p>Whole Grain Chocolate Chip Muffin ✓ Animal Crackers Apple 100% Juice Diced Peach Cup</p>	<p>18</p> <p>Whole Grain Pancakes with Sausage Syrup Apple 100% Juice Mixed Fruit</p>	<p>19</p> <p>WW Bagel ✓ Cream Cheese PC 100% Orange Juice Blend Applesauce</p>	<p>20</p> <p>Strawberry Banana Yogurt Cup Animal Crackers 100% Orange Juice Blend</p>
<p>23</p> <p>Red. Sugar Trix ✓ String Cheese 100% Orange Juice Blend Diced Pear Cup</p> 	<p>24</p> <p>Whole Grain Apple Cinnamon Crumb Muffin ✓ Animal Crackers Apple 100% Juice Diced Peach Cup</p>	<p>25</p> <p>Whole Grain French Toast Slices ✓ Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>	<p>26</p> <p>WW Bagel ✓ Cream Cheese PC 100% Orange Juice Blend Applesauce</p>	<p>27</p> <p>Strawberry Nutri-Grain Bar ✓ String Cheese 100% Orange Juice Blend Pineapple Cup</p>
<p>30</p> <p>Red. Sugar Cocoa Puffs ✓ String Cheese 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 Elementary Students

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

Hot Breakfast Served Each Wednesday.

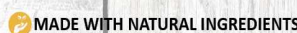
Assorted 100% Juice Offered Daily

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.