

Welcome to our Breakfast Cafe at...

Cohoes Middle School

January
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



2
**Holiday Recess
No School**

3
Egg and Cheese Sandwich ✓
100% Orange Juice Blend
Sliced Peaches

4
Whole Grain French Toast Slices ✓
Turkey Sausage Patty
Syrup
Apple 100% Juice
Mixed Fruit

7
Whole Grain Blueberry Muffin ✓
Mozzarella String Cheese
100% Orange Juice Blend
Sliced Peaches



8
Ham, Egg and Cheese Sandwich P
100% Orange Juice Blend
Applesauce

9
Whole Grain Pancakes with Sausage Syrup
100% Orange Juice Blend
Sliced Peaches

10
Sausage and Egg Sandwich
100% Orange Juice Blend
Applesauce



11
Whole Grain Waffles with Sausage Syrup
Apple 100% Juice
Mixed Fruit

14
Fresh Bagel ✓
Lite Cream Cheese
Apple 100% Juice
Pineapple Chunks



15
Bacon, Egg and Cheese Breakfast Sandwich
100% Orange Juice Blend
Applesauce

16
Scrambled Eggs WW Bagel ✓
100% Orange Juice Blend
Diced Pear Cup

17
Egg and Cheese Sandwich ✓
100% Orange Juice Blend
Sliced Peaches

18
Whole Grain French Toast Slices ✓
Turkey Sausage Patty
Syrup
Apple 100% Juice
Mixed Fruit

21
MARTIN LUTHER KING JR. DAY



22
Ham, Egg and Cheese Sandwich P
100% Orange Juice Blend

23
Whole Grain Pancakes with Sausage Syrup
100% Orange Juice Blend
Sliced Peaches

24
Sausage and Egg Sandwich
100% Orange Juice Blend
Applesauce

25
Whole Grain Waffles with Sausage Syrup
Apple 100% Juice
Mixed Fruit

28
Whole Grain Chocolate Chip Muffin ✓
Mozzarella String Cheese
100% Orange Juice Blend
Sliced Peaches



29
Bacon, Egg and Cheese Breakfast Sandwich
100% Orange Juice Blend

30
Scrambled Eggs WW Bagel ✓
100% Orange Juice Blend
Diced Pear Cup

31
Egg and Cheese Sandwich ✓
100% Orange Juice Blend
Sliced Peaches



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 and Middle
School Students**

**High School Breakfast is
\$1.30**

Available Daily

- Egg Sandwiches, Whole grain bagels w/ butter or low fat cream cheese
- Assorted Yogurt with Graham Crackers
- Assorted Muffins: blueberry, chocolate chip or apple
- Assorted Cereals: Cinnamon Toast Crunch, Trix and Fruit Loops
- All served with choice of fat free or low fat milk, assorted juices.

If you have any questions or would like additional information regarding this menu please contact your food service director [insert name] at xxx-xxx-xxxx or email

VEGETARIAN MADE WITH NATURAL INGREDIENTS PORK MADE WITH ORGANIC INGREDIENTS

*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.