

# Welcome to our Breakfast Cafe at...

Cohoes Middle School

December 2018

Monday


Tuesday


Wednesday

Thursday


Friday





3 Fresh Bagel   
 Lite Cream Cheese  
 Apple 100% Juice  
 100% Orange Juice Blend  
 Pineapple Chunks




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


5 Scrambled Eggs  
 WW Bagel   
 Apple 100% Juice  
 100% Orange Juice Blend  
 Diced Pear Cup


6 Egg and Cheese Sandwich   
 Applesauce  
 Apple 100% Juice  
 100% Orange Juice Blend



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

10 Whole Grain Blueberry Muffin   
 100% Orange Juice Blend  
 Sliced Peaches





11 Ham, Egg and Cheese Sandwich   
 Syrup  
 100% Orange Juice Blend  
 Applesauce

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


13 Sausage and Egg Sandwich  
 Syrup  
 100% Orange Juice Blend  
 Applesauce


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

17 Fresh Bagel   
 Lite Cream Cheese  
 Apple 100% Juice  
 100% Orange Juice Blend  
 Pineapple Chunks




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

19 Scrambled Eggs  
 WW Bagel   
 Apple 100% Juice  
 100% Orange Juice Blend  
 Diced Pear Cup

20 Egg and Cheese Sandwich   
 Apple 100% Juice  
 100% Orange Juice Blend  
 Applesauce

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

24 Holiday Recess  
 No School

25 

26 Holiday Recess  
 No School

27 Holiday Recess  
 No School

28 Holiday Recess  
 No School

31 Holiday Recess  
 No School

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



We are Simply Rooted™ in food and family so our menu options are healthy, nutritious, flavorful, and made from wholesome, all natural, organic and non-GMO ingredients, whenever possible. Check us out at [www.Whitsons.com](http://www.Whitsons.com) or scan the QR code.



**Breakfast is Free to All  
 Elementary and Middle  
 School Students**

**High School Breakfast is  
 \$1.25**

**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 corn
- Assorted Cereals: Cinnamon Toast Crunch, Cheerios, Rice Krispies
- 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.