

Welcome to our Breakfast Cafe at...

Cohoes Middle School

February
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



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

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



5 Ham, Egg and Cheese Sandwich
100% Orange Juice Blend
Diced Pear Cup

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

7 Sausage and Egg Sandwich
100% Orange Juice Blend
Mixed Fruit



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

11 Fresh Bagel
Lite Cream Cheese
Apple 100% Juice
Pineapple Chunks

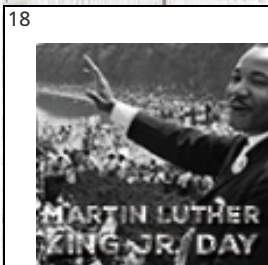


12 Bacon, Egg and Cheese Breakfast Sandwich
100% Orange Juice Blend
Sliced Peaches

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

14 Egg and Cheese Sandwich
100% Orange Juice Blend
Sliced Peaches

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



SCHOOL CLOSED TODAY

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



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

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

28 Egg and Cheese Sandwich
100% Orange Juice Blend
Sliced Peaches

All of our entrées are made with lean meats, low-fat cheeses, and whole grain products. This is because we are Simply Rooted™ in food and family and we care about what we serve to our young customers. Our ingredients are locally sourced, all natural, organic and non-GMO, whenever possible.



**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

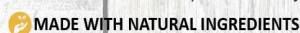
Assorted Yogurt with Graham Crackers

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



*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.