

# Welcome to our Breakfast Cafe at...

## Cohoes Middle School

# March 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



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

4 Egg and Cheese Sandwich   
Apple 100% Juice  
Sliced Peaches

**MEATLESS MONDAY**

5 Whole Grain Waffles with Sausage  
Syrup  
Apple 100% Juice  
Diced Pear Cup

6 Scrambled Eggs   
Plain Mini Bagels   
100% Orange Juice Blend  
Sliced Peaches

7 Sausage and Egg Sandwich   
100% Orange Juice Blend  
Diced Pear Cup

8 Whole Grain Chocolate Chip Muffin   
Apple 100% Juice  
Mixed Fruit

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

**MEATLESS MONDAY**

12 Whole Grain French Toast Slices   
Turkey Sausage Patty  
Syrup  
Apple 100% Juice  
Diced Pear Cup

13 Ham, Egg and Cheese Sandwich   
100% Orange Juice Blend  
Sliced Peaches

14 Bacon, Egg and Cheese Breakfast Sandwich  
100% Orange Juice Blend  
Diced Pear Cup

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

18 Whole Grain Chocolate Chip Muffin   
100% Orange Juice Blend  
Sliced Peaches

**MEATLESS MONDAY**

19 Whole Grain Waffles with Sausage  
Syrup  
Apple 100% Juice  
Diced Pear Cup

20 Scrambled Eggs   
Plain Mini Bagels   
100% Orange Juice Blend  
Sliced Peaches

21 Sausage and Egg Sandwich   
100% Orange Juice Blend  
Diced Pear Cup

22 Whole Grain Chocolate Chip Muffin   
Apple 100% Juice  
Mixed Fruit

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

**MEATLESS MONDAY**

26 Whole Grain French Toast Slices   
Turkey Sausage Patty  
Syrup  
Apple 100% Juice  
Diced Pear Cup

27 Ham, Egg and Cheese Sandwich   
100% Orange Juice Blend  
Sliced Peaches

28 Bacon, Egg and Cheese Breakfast Sandwich  
100% Orange Juice Blend  
Diced Pear Cup

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



Join us in celebrating National Nutrition Month® throughout March, as we focus on the importance of making informed food choices, developing sound eating, and physical activity habits.



### Breakfast Prices

Regular: \$1.30

Reduced: \$0.25

Breakfast is served in the cafe between the hours of 7:15 and 8:00

### Available Daily

Whole grain bagels w/ butter or low fat cream cheese  
Assorted Yogurt and Yogurt Parfait with Fruit and Granola  
Assorted Muffins: blueberry, chocolate chip or corn  
Assorted Cereals: Cinnamon Toast Crunch,  
All served with choice of bread, fat free or low fat milk, assorted juices and cupped fruits

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.