

# Welcome to our Breakfast Cafe at...

## Cohoes Middle School

May  
2019

Monday

Tuesday

Wednesday

Thursday

Friday

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



1 Scrambled Eggs (V) (O)  
Plain Mini Bagels (V) (O)  
100% Orange Juice Blend  
Sliced Peaches

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

3 Whole Grain French Toast  
Slices (V)  
Sausage Patty  
Syrup  
Apple 100% Juice  
Mixed Fruit

6 Egg and Cheese  
Sandwich (V)  
Apple 100% Juice  
Sliced Peaches



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

8 Ham, Egg and Cheese  
Sandwich (P)  
100% Orange Juice Blend  
Sliced Peaches

9 Sausage and Egg  
Sandwich (P)  
100% Orange Juice Blend  
Diced Pear Cup

10 Whole Grain Chocolate  
Chip Muffin (V)  
Apple 100% Juice  
Mixed Fruit

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



14 Whole Grain French Toast  
Slices (V)  
Turkey Sausage Patty  
Syrup  
Apple 100% Juice  
Diced Pear Cup

15 Sausage and Egg  
Sandwich (P)  
100% Orange Juice Blend  
Sliced Peaches

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

17 Whole Grain French Toast  
Slices (V)  
Sausage Patty  
Syrup  
Apple 100% Juice  
Mixed Fruit

20 Egg and Cheese  
Sandwich (V)  
Apple 100% Juice  
Sliced Peaches

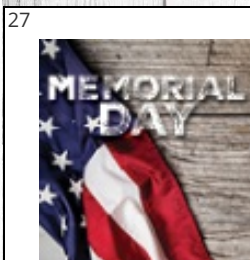


21 Whole Grain Waffles with  
Sausage  
Syrup  
Apple 100% Juice  
Diced Pear Cup

22 Sicilian Style Breakfast  
Pizza (V)  
100% Orange Juice Blend  
Sliced Peaches

23 Sausage and Egg  
Sandwich (P)  
100% Orange Juice Blend  
Diced Pear Cup

24  
**SCHOOL  
CLOSED  
TODAY**



28  
**SCHOOL  
CLOSED  
TODAY**

29 Sausage and Egg  
Sandwich (P)  
100% Orange Juice Blend  
Sliced Peaches

30 Fruity Parfait (V) (O)  
100% Orange Juice Blend  
Diced Pear Cup

31 Whole Grain Chocolate  
Chip Muffin (V)  
Apple 100% Juice  
Mixed Fruit



At Whitsons, we believe that providing young students with wholesome meals that taste great, along with food and nutrition education, helps position them for academic success and to live a more healthful life.



### Breakfast Prices

Breakfast is Free to All Students

### 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.