

# Welcome to our Breakfast Cafe at...

## Cohoes Middle School

# September 2019

Monday

Tuesday








Wednesday

Thursday

Friday

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



<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5</p> <p>Whole Grain Chocolate Chip Muffin ✓ 100% Orange Juice Blend Diced Pear Cup</p>	<p>6</p> <p>Whole Grain French Toast Slices ✓ Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>
<p>9</p> <p>Egg and Cheese Sandwich ✓ Apple 100% Juice Sliced Peaches</p> 	<p>10</p> <p>Whole Grain Waffles with Sausage Syrup Apple 100% Juice Diced Pear Cup</p>	<p>11</p> <p>Ham, Egg and Cheese Sandwich P 100% Orange Juice Blend Sliced Peaches</p>	<p>12</p> <p>Sausage and Egg Sandwich P 100% Orange Juice Blend Diced Pear Cup</p>	<p>13</p> <p>Whole Grain Chocolate Chip Muffin ✓ Apple 100% Juice Mixed Fruit</p>
<p>16</p> <p>Whole Grain Pancakes with Sausage Syrup 100% Orange Juice Blend Sliced Peaches</p> 	<p>17</p> <p>Whole Grain French Toast Slices ✓ Turkey Sausage Patty Syrup Apple 100% Juice Diced Pear Cup</p>	<p>18</p> <p>Sausage and Egg Sandwich P 100% Orange Juice Blend Sliced Peaches</p>	<p>19</p> <p>Bacon, Egg and Cheese Breakfast Sandwich 100% Orange Juice Blend Diced Pear Cup</p>	<p>20</p> <p>Whole Grain French Toast Slices ✓ Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>
<p>23</p> <p>Egg and Cheese Sandwich ✓ Apple 100% Juice Sliced Peaches</p> 	<p>24</p> <p>Fresh Bagel ✓ Cream Cheese PC Apple 100% Juice Diced Pear Cup</p>	<p>25</p> <p>Scrambled Eggs ✓ Plain Mini Bagels ✓ 100% Orange Juice Blend Sliced Peaches</p>	<p>26</p> <p>Sausage and Egg Sandwich P 100% Orange Juice Blend Diced Pear Cup</p>	<p>27</p> <p>Whole Grain French Toast Slices ✓ Sausage Patty Syrup Apple 100% Juice Mixed Fruit</p>
<p>30</p> <p>Whole Grain Pancakes with Sausage Syrup 100% Orange Juice Blend Sliced Peaches</p> 				

Whitsons is proud to be a part of the Meatless Monday campaign, a national campaign that encourages students to enjoy a meat-free meal on Mondays.



## 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.