

Welcome to our Breakfast Cafe @

Cohoes City Van Schaick Elem

September 2017

Monday

Tuesday

Wednesday






Thursday

Friday



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



<p>4</p> 	<p>5</p> 	<p>6</p> <p>Banana Muffin String Cheese Apple Grape 100% Juice Diced Pears</p>	<p>7</p> <p>WW Bagel Lite Cream Cheese 100% Orange Juice Blend Diced Peach Cup</p>	<p>1</p> 
<p>11</p> <p>Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice Applesauce</p>	<p>12</p> <p>Honey Nut Cheerios Red. Sugar Trix String Cheese 100% Orange Juice Blend Pineapple Tidbits</p>	<p>13</p> <p>Chocolate Chip Muffin String Cheese Apple 100% Juice Diced Pears</p>	<p>14</p> <p>WW Bagel Lite Cream Cheese Apple Grape 100% Juice Mixed Fruit</p>	<p>8</p> <p>Apple Cinnamon Muffin String Cheese Apple 100% Juice Mixed Fruit</p>
<p>18</p> <p>Raspberry Yogurt Cup Animal Crackers Apple 100% Juice Diced Pears</p>	<p>19</p> <p>Cheerios Red. Sugar Cocoa Puffs String Cheese Apple Grape 100% Juice Diced Peach Cup</p>	<p>20</p> <p>Blueberry Muffin String Cheese 100% Orange Juice Blend Applesauce</p>	<p>21</p> <p>WW Bagel Lite Cream Cheese Apple 100% Juice Mixed Fruit</p>	<p>15</p> <p>Banana Muffin String Cheese 100% Orange Juice Blend Diced Peach Cup</p>
<p>25</p> <p>Strawberry Banana Yogurt Cup Animal Crackers 100% Orange Juice Blend Diced Pears</p>	<p>26</p> <p>Honey Nut Cheerios Red. Sugar Cinnamon Toast Crunch String Cheese Apple 100% Juice Diced Peach Cup</p>	<p>27</p> <p>Blueberry Muffin String Cheese Apple Grape 100% Juice Applesauce</p>	<p>28</p> <p>WW Bagel Lite Cream Cheese 100% Orange Juice Blend Mixed Fruit</p>	<p>22</p> <p>Banana Muffin Apple Grape 100% Juice Pineapple Tidbits</p>
<p>At Whitsons, we know that good nutrition fuels students for optimal performance, both mentally and physically. We work hard to make sure all of our menus are healthy, nutritious and taste good. To learn more about nutrition related to athletics, visit us at www.Whitsons.com</p> <p>or scan our QR code to see all that we are doing to keep our young customers healthy!</p>  	<p>Breakfast is Free to all Elementary Students</p>	<p>Available Daily</p> <p>All meals served with choice of fat free white, 1% white or fat free chocolate milk.</p> <p>If you have any questions or would like additional information regarding this menu please contact your food service director Brian Nolan at 237-9100 x 1411</p>		

*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. USDA is an equal opportunity provider, employer, and lender.