

# Welcome to our Breakfast Cafe at... **Cohoes City Abram Lansing**

**March**  
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Red. Sugar Apple Jacks String Cheese 100% Orange Juice Blend Diced Pear Cup 	3 Whole Grain Blueberry Muffin String Cheese Apple Grape 100% Juice Diced Peach Cup	4 WW Bagel Cream Cheese PC Apple 100% Juice Diced Pear Cup	5 NY Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice	6 Red. Sugar Frosted Flakes String Cheese 100% Orange Juice Blend Diced Pear Cup
9 Red. Sugar Cocoa Puffs String Cheese 100% Orange Juice Blend Diced Pear Cup 	10 Whole Grain Banana Crumb Muffin String Cheese Apple Grape 100% Juice Diced Peach Cup	11 WW Bagel Cream Cheese PC Apple 100% Juice Diced Pear Cup	12 Strawberry Nutri-Grain Bar String Cheese 100% Orange Juice Blend Diced Peach Cup	13 Red. Sugar Apple Jacks String Cheese Diced Pear Cup Apple 100% Juice
16 Red. Sugar Apple Jacks String Cheese 100% Orange Juice Blend Diced Pear Cup 	17 Whole Grain Blueberry Muffin String Cheese Apple Grape 100% Juice Diced Peach Cup	18 WW Bagel Cream Cheese PC Apple 100% Juice Diced Pear Cup	19 WW Honey Bun Mozzarella String Cheese Apple Grape 100% Juice	20 Red. Sugar Cocoa Puffs String Cheese 100% Orange Juice Blend Diced Pear Cup
23 Reduced Sugar Cinnamon Toast Crunch String Cheese 100% Orange Juice Blend Diced Pear Cup 	24 Whole Grain Chocolate Chip Muffin String Cheese Apple Grape 100% Juice Diced Peach Cup	25 WW Bagel Cream Cheese PC Apple 100% Juice Diced Pear Cup	26 Strawberry Nutri-Grain Bar String Cheese 100% Orange Juice Blend Diced Peach Cup	27 Red. Sugar Frosted Flakes String Cheese 100% Orange Juice Blend Diced Pear Cup
30 Red. Sugar Cocoa Puffs String Cheese 100% Orange Juice Blend Diced Pear Cup	31 Whole Grain Banana Crumb Muffin String Cheese Apple Grape 100% Juice Diced Peach Cup	<div data-bbox="750 1417 1060 1633" data-label="Text"> <p><b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b></p> </div> <div data-bbox="1078 1423 1190 1482" data-label="Image"> </div> <div data-bbox="1195 1434 1500 1644" data-label="Image"> </div>		



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 is Free to All Students at Cohoes City Schools**

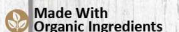
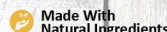
**Available Daily**

**All meals served with choice of fat free white, or 1% white**

**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



\*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.