

Welcome to our Breakfast Cafe at... Cohoes City Harmony Hill

March
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Red. Sugar Trix  String Cheese 100% Orange Juice Blend Diced Pear Cup 	3 Whole Grain French Toast Slices Crispy Pork Sausage Links 100% Orange Juice Blend Diced Peach Cup	4 Scrambled Eggs  Mini Whole Wheat Bagel  Apple 100% Juice Diced Pear Cup	5 Whole Grain Waffles with Sausage 100% Orange Juice Blend Diced Peach Cup	6 NY Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice Mixed Fruit
9 Golden Grahams  String Cheese 100% Orange Juice Blend Diced Pear Cup 	10 Egg and Cheese Sandwich  100% Orange Juice Blend Diced Pear Cup	11 WW Bagel  Cream Cheese PC Apple 100% Juice Diced Pear Cup	12 Strawberry Nutri-Grain Bar  String Cheese Apple Grape 100% Juice Applesauce	13 WW Honey Bun  Animal Crackers Apple Grape 100% Juice Mixed Fruit
16 Red. Sugar Trix  String Cheese 100% Orange Juice Blend Diced Pear Cup 	17 Whole Grain French Toast Slices Crispy Pork Sausage Links 100% Orange Juice Blend Diced Peach Cup	18 Scrambled Eggs  Mini Whole Wheat Bagel  Apple 100% Juice Diced Pear Cup	19 Whole Grain Waffles with Sausage 100% Orange Juice Blend Diced Peach Cup	20 NY Strawberry Banana Yogurt Cup Animal Crackers Apple Grape 100% Juice Mixed Fruit
23 Red. Sugar Cocoa Puffs  String Cheese 100% Orange Juice Blend Diced Pear Cup 	24 Egg and Cheese Sandwich  100% Orange Juice Blend Diced Pear Cup	25 WW Bagel  Cream Cheese PC Apple 100% Juice Diced Pear Cup	26 Strawberry Nutri-Grain Bar  String Cheese Apple Grape 100% Juice Applesauce	27 WW Honey Bun  Animal Crackers Apple Grape 100% Juice Mixed Fruit
30 Golden Grahams  String Cheese 100% Orange Juice Blend Diced Pear Cup 	31 Whole Grain French Toast Slices Crispy Pork Sausage Links 100% Orange Juice Blend Diced Peach Cup	<div data-bbox="750 1415 1062 1633" data-label="Text"> <p>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</p> </div> <div data-bbox="1078 1423 1192 1482" data-label="Image"> </div> <div data-bbox="1195 1432 1500 1646" 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.

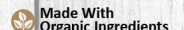
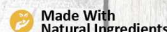


Breakfast is Free to all Elementary Students

Available Daily Muffins, Bagels with Cream Cheese and Assorted Cereals!

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.