

# Welcome to our Breakfast Cafe at... Cohoes City High School

**March**  
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Whole Grain Chocolate Chip Muffin Mozzarella String Cheese Apple 100% Juice Sliced Peaches 	3 Scrambled Eggs WW Bagel 100% Orange Juice Blend Applesauce	4 Ham, Egg and Cheese Sandwich Egg and Cheese Sandwich Apple 100% Juice Mixed Fruit	5 Sausage, Egg & Cheese Burrito* 100% Orange Juice Blend Diced Pear Cup	6 Fluffy Whole Grain Waffles Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit
9 Whole Grain Blueberry Muffin Mozzarella String Cheese Apple 100% Juice Sliced Peaches 	10 Sicilian Style Breakfast Pizza 100% Orange Juice Blend Applesauce	11 Bacon, Egg and Cheese Breakfast Sandwich Whole Grain Blueberry Muffin Mozzarella String Cheese Apple 100% Juice Sliced Peaches	12 Fresh Bagel Cream Cheese PC 100% Orange Juice Blend Diced Pear Cup	13 Fluffy Whole Grain Pancakes Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit
16 Whole Grain Chocolate Chip Muffin Mozzarella String Cheese Apple 100% Juice Sliced Peaches 	17 Scrambled Eggs WW Bagel 100% Orange Juice Blend Applesauce	18 Ham, Egg and Cheese Sandwich Egg and Cheese Sandwich Apple 100% Juice Mixed Fruit	19 Sausage, Egg & Cheese Burrito* 100% Orange Juice Blend Diced Pear Cup	20 Whole Grain French Toast Slices Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit
23 Egg and Cheese Sandwich 100% Orange Juice Blend Diced Pear Cup 	24 Breakfast Pizza 100% Orange Juice Blend Applesauce	25 Bacon, Egg and Cheese Breakfast Sandwich Whole Grain Blueberry Muffin Mozzarella String Cheese Apple 100% Juice Sliced Peaches	26 Fresh Bagel Cream Cheese PC 100% Orange Juice Blend Diced Pear Cup	27 Fluffy Whole Grain Pancakes Turkey Sausage Patty Syrup Apple 100% Juice Mixed Fruit
30 Whole Grain Blueberry Muffin Mozzarella String Cheese Apple 100% Juice Sliced Peaches 	31 Scrambled Eggs WW Bagel 100% Orange Juice Blend Applesauce	<div data-bbox="750 1415 1062 1633" data-label="Text"> <p><b>FUEL YOUR DAY THE RIGHT WAY. EAT A HEALTHY BREAKFAST!</b></p> </div> <div data-bbox="1078 1421 1190 1482" data-label="Image"> </div> <div data-bbox="1195 1432 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.

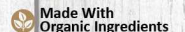
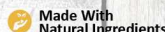


### Breakfast Prices

Breakfast is Free to All Students in Cohoes City Schools!

### Available Daily

Bagels with Cream Cheese, Assorted Cereals, Breakfast Sandwiches along with our Daily Specials.  
Low Fat or Skim Milk along with 100% Juice offered with each breakfast.



\*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.