



















Welcome to our Breakfast Cafe at... Cohoes Middle School

March
2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg and Cheese Sandwich  Apple 100% Juice Sliced Peaches 	3 Fresh Bagel  Cream Cheese PC Apple 100% Juice Diced Pear Cup	4 Ham, Egg and Cheese Sandwich  100% Orange Juice Blend Sliced Peaches	5 Sausage and Egg Sandwich  100% Orange Juice Blend Diced Pear Cup	6 Whole Grain Chocolate Chip Muffin  Apple 100% Juice Mixed Fruit
9 Whole Grain Pancakes with Sausage Syrup 100% Orange Juice Blend Sliced Peaches 	10 Whole Grain French Toast Slices  Turkey Sausage Patty Syrup Apple 100% Juice Diced Pear Cup	11 Sausage and Egg Sandwich  100% Orange Juice Blend Sliced Peaches	12 Bacon, Egg and Cheese Breakfast Sandwich 100% Orange Juice Blend Diced Pear Cup	13 Whole Grain French Toast Slices  Sausage Patty Syrup Apple 100% Juice Mixed Fruit
16 Egg and Cheese Sandwich  Apple 100% Juice Sliced Peaches 	17 Fresh Bagel  Cream Cheese PC Apple 100% Juice Diced Pear Cup	18 Scrambled Eggs  Plain Mini Bagels  100% Orange Juice Blend Sliced Peaches	19 Sausage and Egg Sandwich  100% Orange Juice Blend Diced Pear Cup	20 Whole Grain Pancakes with Sausage Syrup Apple 100% Juice Mixed Fruit
23 Egg and Cheese Sandwich  Apple 100% Juice Sliced Peaches 	24 Whole Grain Waffles with Sausage Syrup Apple 100% Juice Diced Pear Cup	25 Ham, Egg and Cheese Sandwich  100% Orange Juice Blend Sliced Peaches	26 Bacon, Egg and Cheese Breakfast Sandwich 100% Orange Juice Blend Diced Pear Cup	27 Whole Grain French Toast Slices  Sausage Patty Syrup Apple 100% Juice Mixed Fruit
30 Whole Grain Pancakes with Sausage Syrup 100% Orange Juice Blend Sliced Peaches 	31 Whole Grain French Toast Slices  Turkey Sausage Patty Syrup Apple 100% Juice Diced Pear Cup			



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.



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



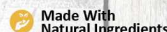
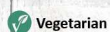
Breakfast Prices

Breakfast is Free to All Students

Available Daily

Bagels, Assorted Cereals, Breakfast Sandwiches, and our Daily Specials.

Low Fat or Skim Milk along with 100% Juice available with each meal.



*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.