



Cohoes City School District Elementary October 2024 Breakfast Menu

OCTOBER
Breakfast is Free
to All Students
Attending
Cohoes City
Schools

1 Assorted Whole Grain Muffin
Cheese Stick
100% Juice
Fruit Cup

2 Whole Grain Bagel w/ Cream
Cheese
100% Juice
Fruit Cup

3 Whole Grain Pop Tart or
Whole Grain Cereal Bar
Cheese Stick
100% Juice
Fruit Cup

4 Nutrigrain Bar
Graham Crackers
100% Juice
Fruit Cup

7 Whole Grain Cereal
Graham Crackers
100% Juice
Fruit Cup

8 Assorted Whole Grain Muffin
Cheese Stick
100% Juice
Fruit Cup

9 Whole Grain Honey Bun
Graham Crackers
100% Juice
Fruit Cup

10 Whole Grain Blueberry
Bread
Cheese Stick
100% Juice
Fruit Cup

11 Low Fat Yogurt,
Whole Grain Graham
Crackers
100% Juice
Fruit Cup



15 Assorted Whole Grain Cereal
Cheese Stick
100% Juice
Fruit Cup

16 Whole Grain Bagel w/ Cream
Cheese
100% Juice
Fruit Cup

17 Whole Grain Pop Tart or
Whole Grain Cereal Bar
Cheese Stick
100% Juice
Fruit Cup

18 Nutrigrain Bar
Graham Crackers
100% Juice
Fruit Cup

21 Whole Grain Cereal
Graham Crackers
100% Juice
Fruit Cup

22 Assorted Whole Grain Muffin
Cheese Stick
100% Juice
Fruit Cup

23 Whole Grain Honey Bun
Graham Crackers
100% Juice
Fruit Cup

24 Whole Grain Blueberry Bread
Cheese Stick
100% Juice
Fruit Cup

25 Low Fat Yogurt,
Whole Grain Graham
Crackers
100% Juice
Fruit Cup

28 Whole Grain Cereal
Graham Crackers
100% Juice
Fruit Cup

29 Assorted Whole Grain Muffin
Cheese Stick
100% Juice
Fruit Cup

30 Whole Grain Bagel w/ Cream
Cheese
100% Juice
Fruit Cup

31 Whole Grain Pop Tart or
Whole Grain Cereal Bar
Cheese Stick
100% Juice
Fruit Cup

Fruit Cup
Selection includes Applesauce, Fruit
Cocktail, Diced Pears and Diced
Peaches.

All breakfast meals are served complete with 100% Fruit Juice (Apple, Grape and Fruit Punch) as well as 1% White or Skim Milk. Additional Fruit is available as well. Adult Breakfast Price is \$3.00 plus Tax. Adult Milk is \$0.75 plus Tax.

If you have any questions regarding this menu please contact the Food Service Director, Brian Nolan at 518-237-9100 x 1411 or Email BNolan@Cohoes.org

