



All Cereal,  
Breads, Muffins  
and Cereal Bar  
Are Whole  
Grain Based

. Breakfast  
is Free to All  
Students  
attending  
Cohoes City  
School District

1 Whole Grain  
Pumpkin Bread  
100% Juice

2 Whole Grain  
Nutrigrain Bar  
100% Juice

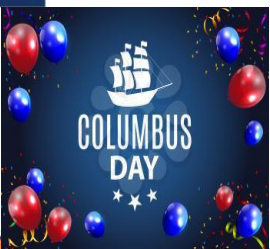
5 Whole Grain  
Cereal  
100% Juice

6 Assorted  
Whole Grain  
Muffin  
100% Juice

7 Whole Grain  
Bagel  
Cream Cheese  
100% Juice

8 Whole Grain  
Blueberry Bread  
100% Juice

9 Low Fat Yogurt,  
Whole Grain  
Graham  
Crackers  
100% Juice



13 Assorted Whole  
Grain Muffin  
100% Juice

14 Whole Grain  
Honey Bun  
100% Juice

15 Whole Grain  
Lemon Bread  
100% Juice

16 Whole Grain  
Nutrigrain Bar  
100% Juice

19 Whole Grain  
Cereal  
100% Juice

20 Assorted Whole  
Grain Muffin  
100% Juice

21 Whole Grain  
Bagel  
Cream Cheese  
100% Juice

22 Whole  
Grain Blueberry  
Bread  
100% Juice

23- Low Fat Yogurt,  
Whole Grain  
Graham  
Crackers  
100% Juice

26 Whole Grain  
Cereal  
100% Juice

27 Assorted  
Whole Grain  
Muffin  
100% Juice

28 Whole  
Grain Honey  
Bun  
100% Juice

29 Whole  
Grain Pumpkin  
Bread  
100% Juice

30 Whole Grain  
Nutrigrain Bar  
100% Juice

1% White or Skim Milk is **served** with each meal.

If you have any questions regarding Allergies,  
please contact the Food Service Director, Brian  
Nolan at 518-237-9100 x 1411 or Email  
[BNolan@Cohoes.org](mailto:BNolan@Cohoes.org)