



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

Breakfast  
is Free to All Students  
attending Cohoes City  
School District  
A Second Complete  
Breakfast can be  
purchased for \$2.00  
Fruit Cups Choices Are  
Mixed Fruit Cocktail,  
Peaches or Pears.

1 Whole Grain  
Pumpkin Bread  
100% Juice  
Fruit Cup

2 Whole  
Grain Nutrigrain  
Bar String  
Cheese  
100% Juice  
Fruit Cup

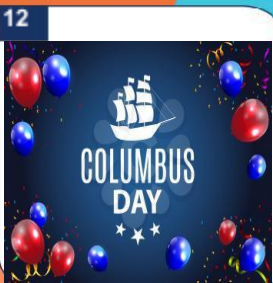
5 Whole Grain  
Cereal  
Cheese Stick  
100% Juice  
Fruit Cup

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

7 Whole Grain  
Bagel  
Cream Cheese  
100% Juice  
Fruit Cup

8 Whole Grain  
Blueberry Bread  
100% Juice  
Fruit Cup

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



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

14 Trix Whole  
Grain Cereal  
Bar  
String Cheese  
100% Juice  
Fruit Cup

15 Whole Grain  
Lemon Bread  
100% Juice  
Fruit Cup

16 Whole Grain  
Nutrigrain Bar  
String Cheese  
100% Juice  
Fruit Cup

19 Whole Grain  
Cereal  
Cheese Stick  
100% Juice  
Fruit Cup

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

21 Whole Grain  
Bagel  
Cream Cheese  
100% Juice  
Fruit Cup

22 Whole  
Grain Blueberry  
Bread  
100% Juice  
Fruit Cup

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

26 Whole Grain  
Cereal  
Cheese Stick  
100% Juice  
Fruit Cup

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

28 Whole  
Grain Pumpkin  
Bread  
100% Juice  
Fruit Cup

29 Whole Grain  
Cocoa Puff  
Cereal Bar  
String Cheese  
100% Juice  
Fruit Cup

30 Whole Grain  
Nutrigrain Bar  
String Cheese  
100% Juice  
Fruit Cup

All breakfast meals are **served** complete with either  
100% Fruit Juice (Apple, Grape and Fruit Punch) or Fruit.  
1% White or Skim Milk **available** with each meal.  
Additional Fruit is available as well. Adult Breakfast Price  
is \$3.49 plus Tax. Adult Milk is \$0.75 plus Tax.

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)