



Daily Offerings Include the following: Pop Tarts, Breakfast Sandwiches, Flavored Bread, Muffins, Frudels, Honey Buns, Cereal Bars, Yogurt with Graham Crackers and More

Breakfast is Free to All Students attending Cohoes City School District

A Second Complete Breakfast can be purchased for \$2.00

1 Blueberry Waffle Package
100% Juice
Fruit Cup

2 Turkey Bacon, Egg and Cheese on Whole Grain Bagel
100% Juice
Fruit Cup

5 Whole Grain Banana, Chocolate Chunk Breakfast Bar
100% Juice
Fruit Cup

6 Whole Grain Waffle Sandwich, w/ Egg, Cheese and Chicken Sausage Patty
100% Juice
Fruit Cup

7 Whole Grain Pancakes w/ Chicken Sausage Patty
100% Juice
Fruit Cup

8 Whole Grain Apple Frudel Pastry
100% Juice
Fruit Cup

9 Egg and Cheese Sandwich on Whole Grain Hamburger Bun
100% Juice
Fruit Cup

13 Whole Grain French Toast Sticks
Chicken Sausage Patty
100% Juice
Fruit Cup

14 Chicken Sausage, Egg and Cheese on Whole Grain Bagel
100% Juice
Fruit Cup

15 Pumpkin Bread
100% Juice
Fruit Cup

16 Turkey Bacon, Egg and Cheese Pizza
100% Juice
Fruit Cup

19 Chicken Sausage, Egg and Cheese on Whole Grain Bagel
100% Juice
Fruit Cup

20 Whole Grain Cherry Frudel Pastry
100% Juice
Fruit Cup

21 Whole Grain Double Chocolate Muffin
100% Juice
Fruit Cup

22 Whole Grain Waffle Sandwich, w/ Egg, Cheese and Chicken Sausage Patty
100% Juice
Fruit Cup

23 Egg and Cheese Sandwich on Whole Grain Hamburger Bun
100% Juice
Fruit Cup

26 Whole Grain Pumpkin Bread
100% Juice
Fruit Cup

27 Chicken Sausage, Egg and Cheese on Whole Grain Bagel
100% Juice
Fruit Cup

28 Whole Grain Pancakes w/ Chicken Sausage Patty
100% Juice
Fruit Cup

29 Lemon Bread
100% Juice
Fruit Cup

30 Turkey Bacon, Egg and Cheese Pizza
100% Juice
Fruit Cup

All breakfast meals are served complete with 100% Fruit Juice or Fruit. Fat Free Chocolate, 1% White or Skim Milk is available with all meals. Additional Fruit is available with all meals. Adult Breakfast Price is \$3.49 plus Tax. Adult Milk is \$0.75 plus Tax. **There is no Pork Products offered on this Menu.**

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