



Welcome Back

**Breakfast is Free  
to All Students  
Attending  
Cohoes City  
Schools**

7

Banana Bread  
String Cheese  
100% Juice  
Fruit Cup

8

Nutrigrain Bar  
String Cheese  
100% Juice  
Fruit Cup

11

Whole Grain  
Cereal  
String Cheese  
100% Juice  
Fruit Cup

12

Assorted Whole  
Grain Muffin  
String Cheese  
100% Juice  
Fruit Cup

13

Cinnamon  
Donut  
Cheese Stick  
100% Juice  
Fruit Cup

14

Blueberry  
Bread  
String Cheese  
100% Juice  
Fruit Cup

15

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

18

Whole Grain  
Cereal  
String Cheese  
100% Juice  
Fruit Cup

19

Assorted Whole  
Grain Muffin  
String Cheese  
100% Juice  
Fruit Cup

20

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

21

Oatmeal Round  
String Cheese  
100% Juice  
Fruit Cup

22

Nutrigrain Bar  
String Cheese  
100% Juice  
Fruit Cup

25

Whole Grain  
Cereal  
String Cheese  
100% Juice  
Fruit Cup

26

Assorted Whole  
Grain Muffin  
String Cheese  
100% Juice  
Fruit Cup

27

Cinnamon  
Donut  
Cheese Stick  
100% Juice  
Fruit Cup

28

Banana Bread  
String Cheese  
100% Juice  
Fruit Cup

29

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

Whole Grain  
Cereal, Bagels,  
Muffins and  
other Items may  
be offered Daily  
as an  
alternative.

September 11<sup>th</sup> is  
National  
Grandparents Day.



September 13<sup>th</sup> is  
National Kids Take Over  
The Kitchen  
Day



September 19 is



All breakfast meals are served complete with 100% Fruit Juice and 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](mailto:BNolan@Cohoes.org)