

SEPTEMBER



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 11th is
National
Grandparents Day.



September 13th 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