



FREE STUDENT MEALS

Cairo-Durham Lunch Program June 2018

<p style="color: blue; font-weight: bold;">Daily offerings</p> <p style="color: blue;">WG chicken patty</p> <p style="color: blue;">Pizza</p> <p style="color: red; font-weight: bold;">Deli bar until Regents week in HS</p> <p style="color: blue;">Fresh Salads</p> <p style="color: blue;">Yogurt</p>	<p style="color: red; font-weight: bold;">Pasta offered daily at Elementary School</p>			<p style="text-align: right;">1 V</p> <p style="text-align: center;">Italian dunkers</p> <p style="text-align: center;">Sauce and broccoli w/cheese</p>
<p style="color: purple; font-weight: bold;">ALTERNATE: Muffin fun lunch (muffin, cheese stick and a yogurt and goldfish), chicken patty or pizza</p> <p style="color: purple;">Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				
<p style="text-align: center;">4</p> <p style="text-align: center;">Turkey and cheese flatbread, garlic butter green beans apples</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Pasta with meat sauce, seasoned broccoli and garlic roll Bananas</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">Turkey, mashed potato and gravy, green beans and dinner roll oranges</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Nachos with cheese and beef, salsa and corn melon</p>	<p style="text-align: center;">8 V</p> <p style="text-align: center;">French toast, sausage link, carrot and celery sticks oranges</p>
<p style="color: purple; font-weight: bold;">ALTERNATE: Cereal Fun lunch (cereal, yogurt and a cheese stick) chicken patty or pizza</p> <p style="color: purple;">Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				
<p style="text-align: center;">11</p> <p style="text-align: center;">General tso's chicken, broccoli and rice Grapes</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Cheeseburger and fries with roasted corn Apples</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">Chicken tenders, pasta with sauce, carrot coins bananas</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Chicken quesadilla, rice, beans and oranges</p>	<p style="text-align: center;">15 V</p> <p style="text-align: center;">Baked ziti, broccoli with cheese sauce, dinner roll</p>
<p style="color: purple; font-weight: bold;">ALTERNATE: Muffin fun lunch (muffin, cheese stick and a yogurt and goldfish), chicken patty or pizza</p> <p style="color: purple;">Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				
<p style="text-align: center;">18 V</p> <p style="text-align: center;">Pizza or chicken patty, steamed broccoli apples</p>	<p style="text-align: center;">19 V</p> <p style="text-align: center;">Mozzarella sticks, sauce and green beans bananas</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Beef nachos, steamed rice and roasted corn grapes</p>	<p style="text-align: center;">21 V</p> <p style="text-align: center;">Pizza or chicken patty, ice cream cup oranges</p>	<p style="text-align: center;">22</p> <p style="color: red; font-weight: bold;">Elementary Dismissal 11:15 a.m.</p> <p style="color: red; font-weight: bold;">Breakfast only</p> <p style="color: red; font-weight: bold;">No lunches served</p> <p style="color: red; font-weight: bold;">No School – CDMS/HS</p>
<p style="text-align: center;">25</p>	<p style="text-align: center;">26</p>	<p style="text-align: center;">27</p>	<p style="text-align: center;">28</p>	<p style="text-align: center;">29</p>

Cairo-Durham CSD is an equal opportunity provider and employer.

Any question please contact Dan Sickles (Food Service Director) at 518-622-8543, x58900

A full student lunch includes a choice of entrée supplying protein and grain, vegetable side dish, fruit side dish, and a choice of milk.

Milk choices include 1% white, skim chocolate, lactaid and skim white V= vegetarian FUN LUNCH ONLY AT ELEMETARY

