





## FREE STUDENT MEALS Cairo-Durham Lunch Program JUNE 2017

<p><b>Daily offerings</b>  <b>WG chicken patty</b>  <b>WG pizza</b>  <b>Deli bar</b>  <b>Fresh Salads</b>  <b>Yogurt</b></p>	<p><u>Pasta offered daily</u>  <b>at Elementary</b>  <b>School</b></p>		<p><b>1</b>          Roasted BBQ          Chicken          Mashed potato          Seasoned carrots</p>	<p><b>2</b>          Macho nachos          Garlic butter green          beans          Assorted juice</p>
<p><b>ALTERNATE:</b> Cereal fun lunch (cereal, cheese stick and a yogurt), chicken patty or pizza          Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				
<p><b>5</b>          Sweet and sour chicken,          rice          Oriental veggies          100%fruit juice</p>	<p><b>6</b>          Turkey dinner          Mashed potato, gravy          dinner roll</p>	<p><b>7</b>          BBQ chicken,          Tater tots          and green beans</p>	<p><b>8</b>          Macaroni and          cheese          Roasted corn</p>	<p><b>9</b>          French toast sticks,          sausage patty          100% fruit juice</p>
<p><b>ALTERNATE:</b> Bagel fun lunch (WW bagel, cream cheese and a yogurt) chicken patty or pizza          Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				
<p><b>12</b>          Baked Ziti          Corn, garlic bread          100% juice</p>	<p><b>13</b>          Chicken quesadilla          Brown rice, peas</p>	<p><b>14</b>          Sloppy joe sandwich          Green beans          Fresh fruit</p>	<p><b>15</b>          BBQ chicken          sandwich, potato          salad          Seasoned spinach</p>	<p><b>16</b>          Egg and cheese          burrito          Hash brown patty          broccoli</p>
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<p><b>19</b>  <b>CHEESE OR PEPPERONI</b>          pizza          Corn and ranch salad</p>	<p><b>20</b>          Macaroni and cheese          Seasoned peas</p>	<p><b>21</b>          French toast sticks          Turkey sausage          Home fries</p>	<p><b>22</b>  <b>LAST DAY</b>  <b>OF SCHOOL</b></p>	
<p><b>ALTERNATE:</b> Cereal Fun lunch (cereal, yogurt and a cheese stick) chicken patty or pizza          Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				
<p><b>SUMMER VACATION ENJOY!!</b></p>				
<p><b>ALTERNATE:</b> Bagel fun lunch (WW bagel, cream cheese and a yogurt) chicken patty or pizza          Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				

Cairo-Durham CSD is an equal opportunity provider and employer.  
 Any questions, 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, two (2) vegetable side dishes, two (2) fruit side dish, and a choice of milk. Milk choices include 1% white, skim chocolate, lactaid and skim white

