




FREE STUDENT MEALS Cairo-Durham Lunch Program May 2017

1 Soft taco Steamed rice Baked beans Assorted juice	2 Turkey and cheese flatbread Seasoned broccoli	3 BBQ chicken Roasted corn French fries	4 Chicken nuggets Mashed potato Dinner roll	5 Macho nachos Garlic butter green beans Assorted juice
ALTERNATE: 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)				
8 Sweet and sour chicken, rice Oriental veggies 100%fruit juice	9 Pasta with meat sauce Dinner roll Steamed broccoli Refried beans	10 BBQ chicken, mashed potatoes and green beans	11 Macaroni and cheese Roasted corn	12 French toast sticks, sausage patty 100% fruit juice
ALTERNATE: 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)				
15 Chicken and cheddar flatbread Roasted corn 100% juice	16 Macho nachos, steamed rice Seasoned peas BUDGET VOTE! 12-9PM	17 Italian dunkers w/sauce Garlic butter green beans	18 Cheeseburger and fries Seasoned spinach	19 Pasta with meatballs Garlic roll Steamed broccoli
ALTERNATE: 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)				
22 Chicken parmesan sandwich, roasted corn	23 Macho nachos, steamed rice Seasoned peas	24 French toast sticks Turkey sausage Home fries	25 Fajita chicken and rice, dinner roll Creamy spinach	26 Meatball sub Steamed corn 100% juice
ALTERNATE: 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)				
29 MEMORIAL DAY! NO SCHOOL 	30 Chicken quesadilla Seasoned rice Refried beans	31 Baked ziti, garlic roll Seasoned green beans	Daily offerings WG chicken patty WG pizza Deli bar Fresh Salads Yogurt	Pasta offered daily at Elementary School
ALTERNATE: 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)				

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

