






FREE STUDENT MEALS Cairo-Durham Breakfast Program November 2017

<p>Daily offerings Fresh fruit Assorted Cereal Bagels Assorted Yogurt Assorted 100% juice</p>	<p><u>WG=whole grain</u> <u>*pork product</u></p>	<p>1 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>2 French toast Or Blueberry muffins</p>	<p>3 *Sausage egg and cheese sandwich or WG chocolate chip muffins(2)</p>
<p>6 Ham egg and cheese sandwich or WG pancakes</p>	<p>7 *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>8 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>9 French toast Or Blueberry muffins</p>	<p>10  No School</p>
<p>13 Ham egg and cheese sandwich or WG pancakes</p>	<p>14 *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>15 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>16 French toast Or Blueberry muffins</p>	<p>17 *Sausage egg and cheese sandwich or WG chocolate chip muffins(2)</p>
<p>20 Ham egg and cheese sandwich or WG pancakes</p>	<p>21 *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>22 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>Happy thanksgiving  Eat TONS and take a nap.</p>	<p>24  No school</p>
<p>27 Ham egg and cheese sandwich or WG pancakes</p>	<p>28 *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>29 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>30 French toast Or Blueberry muffins</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

