






FREE STUDENT MEALS Cairo-Durham Lunch Program November 2017

<p><u>Pasta offered daily at Elementary School</u></p>	<p>Daily offerings WG chicken patty Pizza Deli bar Fresh Salads Yogurt</p>	<p>1 Roasted BBQ Chicken Cornbread Baked beans Bananas</p>	<p>2 Corn dog French fries Seasoned broccoli Apples</p>	<p>3 <u>National sandwich day</u> Ham and cheese sub Broccoli w/ cheese Sauce, grapes Fresh cucumbers</p>
<p>ALTERNATE: Muffin fun lunch (muffin, cheese stick and a yogurt and goldfish), chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				
<p>6 Chicken and cheese quesadilla Rice and black beans Oranges</p>	<p>7 Macho Nachos Steamed rice Refried beans Fresh apples</p>	<p>8 Chicken tenders Macaroni and cheese Dinner roll Grapes</p>	<p>9 WG waffles Sausage link Hash brown patty Melon</p>	<p>10 Veterans Day  No School</p>
<p>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)</p>				
<p>13 Cheeseburger Tater tots 100% juice Lucky tray day</p>	<p>14 Cheddar chicken and rice casserole Broccoli Carrots and oranges</p>	<p>15 Grilled Cheese Sweet potato tots Baked beans bananas</p>	<p>16 Turkey dinner Mashed potato Sweet peas, apples Dinner roll</p>	<p>17 Buffalo chicken and cheese Flatbread Mac n cheese Peas and carrots, grapes</p>
<p>ALTERNATE: Muffin fun lunch (Muffin, cheesestick, goldfish 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>20 Macho Nachos Steamed rice Refried beans Fresh apples</p>	<p>21 Open faced turkey sandwich Mashed potato, gravy and corn, Bananas</p>	<p>22 Pasta with meat sauce, dinner roll and green beans Oranges</p>	<p>23  Happy thanksgiving</p>	<p>24  no school</p>
<p>27 Mozzarella and pepperoni wrap w/ sauce Cheddar broccoli Oranges</p>	<p>28 Roasted BBQ chicken Cheddar corn bread Buttered green beans Grapes</p>	<p>29 Popcorn chicken, Garlic butter pasta Roasted sweet corn Apples</p>	<p>30 Italian dunkers w/ sauce Steamed carrots Fresh melon</p>	<p>Nov 13 Lucky tray day All cafeterias will have 3 trays with sticker on bottom. Whoever gets it wins a \$1 Ice cream</p>

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

