




FREE STUDENT MEALS Cairo-Durham Breakfast Program October 2017

2	3	4	5	6
Egg and cheese sandwich or WG pancakes	*Jiffy (sausage pancake wrap) or Egg and cheese burrito	WG waffles Or Smoothie, Bagel or Cereal	Bacon, egg and cheese pizza Or Blueberry muffins	*Sausage egg and cheese sandwich or WG chocolate chip muffins(2)
9 NO SCHOOL Columbus Day	10	11	12	13
	*Jiffy (sausage pancake wrap) or Egg and cheese burrito	WG waffles Or Smoothie, Bagel or Cereal	Bacon, egg and cheese pizza Or Blueberry muffins	*Sausage egg and cheese sandwich or WG chocolate chip muffins(2)
16	17	18	19	20
Egg and cheese sandwich or WG pancakes	*Jiffy (sausage pancake wrap) or Egg and cheese burrito	WG waffles Or Smoothie, Bagel or Cereal	Bacon, egg and cheese pizza Or Blueberry muffins	No School Superintendents Day
23	24	25	26	27
Egg and cheese sandwich or WG pancakes	*Jiffy (sausage pancake wrap) or Egg and cheese burrito	WG waffles Or Smoothie, Bagel or Cereal	Bacon, egg and cheese pizza Or Blueberry muffins	*Sausage egg and cheese sandwich or WG chocolate chip muffins(2)
30	31	Daily offerings Fresh fruit Assorted Cereal Bagels Assorted Yogurt Assorted 100% juice		<u>WG=whole grain</u> <u>*pork product</u>
Egg and cheese sandwich or WG pancakes	(Mummy Wrap) *Jiffy (sausage pancake wrap) or Egg and cheese burrito			

Cairo-Durham CSD is an equal opportunity provider and employer.
Any questions, please contact Dan Sickles (Food Service Director) at 518-622-8543, x58900

