



FREE STUDENT MEALS Cairo-Durham Breakfast Program October 2018

1 *Sausage egg and cheese sandwich or Pancakes	2 *Jiffy (sausage and pancake wrap) Or Smoothie of the day	3 Blueberry muffins Or Egg and cheese sandwich	4 Bacon egg and cheese breakfast pizza Or Yogurt parfait	5 Waffles or WG chocolate chip muffins (2)
8 Columbus Day No School	9 *Jiffy (sausage and pancake wrap) Or Smoothie of the day	10 Blueberry muffins Or Egg and cheese sandwich	11 Bacon egg and cheese breakfast pizza Or Yogurt parfait	12 Waffles or WG chocolate chip muffins (2)
15 *Sausage egg and cheese sandwich or Pancakes	16 *Jiffy (sausage and pancake wrap) Or Smoothie of the day	17 Blueberry muffins Or Egg and cheese sandwich	18 Bacon egg and cheese breakfast pizza Or Yogurt parfait	19 Waffles or WG chocolate chip muffins (2)
22 *Sausage egg and cheese sandwich or Pancakes	23 *Jiffy (sausage and pancake wrap) Or Smoothie of the day	24 Blueberry muffins Or Egg and cheese sandwich	25 Bacon egg and cheese breakfast pizza Or Yogurt parfait	26 Waffles or WG chocolate chip muffins (2)
29 *Sausage egg and cheese sandwich or Pancakes	30 *Jiffy (sausage and pancake wrap) Or Smoothie of the day	<u>31 Halloween</u> Blueberry muffins Or Egg and cheese sandwich		<u>Daily offerings</u> Fresh fruit Assorted Cereal Bagels Assorted Yogurt Assorted 100% juice

Cairo-Durham CSD is an equal opportunity provider and employer.
 Any questions, please contact Dan Sickles (Food Service Director) at 518-622-8543, x58900
 Milk choices include 1% white, skim chocolate, lactaid and skim white

