




## FREE STUDENT MEALS Cairo-Durham Lunch Program October 2017

2 Baked ziti Dinner roll Green beans Fresh apples	3 Hot Dog French fries Cheddar Broccoli Grapes	4 Macho Nacho Brown rice Carrots Refried beans bananas	5 Hot open face turkey sandwich Mashed potato Corn and oranges	6 Italian dunkers Seasoned carrots Marinara sauce Fresh apples
<b>ALTERNATE:</b> 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)				
9 Columbus Day  <b>NO SCHOOL</b>	10 Hot turkey and cheese sub Mashed sweet potatoes Baked beans, apples	11 Chicken And Mashed potato bowl w/gravy Steamed corn Dinner roll, grapes	12 Cheeseburger Fries Seasoned Broccoli oranges	13 <span style="float: right;">V</span> Macaroni and cheese Roasted corn Honeydew melon
<b>ALTERNATE:</b> 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)				
16 <span style="float: right;">V</span> Pancakes Sausage patty 100% juice <b>LUCKY TRAY DAY</b>	17 Cheddar chicken and rice casserole Broccoli Carrots and melon	18 <span style="float: right;">V</span> Grilled Cheese Tater tots Baked beans bananas	19 Turkey dinner Mashed potato Sweet peas, apples Dinner roll	20 <span style="float: right;">V</span> No school Superintendents day
<b>ALTERNATE:</b> 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)				
23 Macho Nachos Steamed rice Refried beans Fresh apples	24 Beef Stroganoff Pasta Biscuit kiwi	25 Corn dog French fries Seasoned broccoli Apples	26 BBQ chicken Green beans Dinner roll Fresh grapes	27 Italian dunkers Marinara sauce Seasoned carrots Fresh melon
30 Meatball sub Tender peas Black beans Bananas	Halloween  31 Goolash Garlic bread Carrots 100% Juice	<u>Daily offerings</u> WG chicken patty Pizza Deli bar Fresh Salads Yogurt Homemade soups	<u>Pasta offered</u> <u>daily at</u> <u>Elementary</u> <u>School</u>	<u>Oct. 16</u> Lucky tray day All cafeterias will have 3 trays with sticker on bottom. Whoever gets it wins a \$1 snack or Ice cream

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, 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

