




FREE STUDENT MEALS Cairo-Durham Breakfast Program January 2019

	<u>Daily offerings</u> Fresh fruit Assorted Cereal Bagels Assorted Yogurt <u>Assorted 100% juice</u>	2 *Sausage, Egg and cheese pizza or Yogurt, bagel, cereal	3 Mini maple madness waffles Or Blueberry muffin	4 *Bacon, Egg and cheese biscuit or WG chocolate chip muffin
7 V Egg and Cheese Burrito Or Yogurt, bagel, cereal	8 *Jiffy (sausage and pancake on a stick) Or Yogurt, bagel, cereal	9 *Sausage, Egg and cheese pizza or Yogurt, bagel, cereal	10 Mini maple madness waffles Or Blueberry muffin	11 *Bacon, Egg and cheese biscuit or WG chocolate chip muffin
14 V Egg and Cheese Burrito Or Yogurt, bagel, cereal	15 V *Jiffy (sausage and pancake on a stick) Or Yogurt, bagel, cereal	16 *Sausage, Egg and cheese pizza or Yogurt, bagel, cereal	17 Mini maple madness waffles Or Blueberry muffin	18 *Bacon, Egg and cheese biscuit or WG chocolate chip muffin
21 	22 *Jiffy (sausage and pancake on a stick) Or Yogurt, bagel, cereal	23 *Sausage, Egg and cheese pizza or Yogurt, bagel, cereal	24 Mini maple madness waffles Or Blueberry muffin	25 *Bacon, Egg and cheese biscuit or WG chocolate chip muffin
28 Egg and Cheese Burrito Or Yogurt, bagel, cereal	29 *Jiffy (sausage and pancake on a stick) Or Yogurt, bagel, cereal	<u>30</u> *Sausage, Egg and cheese pizza or Yogurt, bagel, cereal	31 Mini maple madness waffles Or Blueberry muffin	

CSD is an equal opportunity provider and employer.

Any question please contact Dan Sickles (food service director) 518-622-8543x58900

.Milk choices include 1% white, skim chocolate, lactaid and skim white

