




FREE STUDENT MEALS Cairo-Durham Lunch Program January 2019

<p>Daily offerings WG chicken patty Pizza Deli bar Daily in HS Fresh Salads Yogurt Pasta offered at Elementary</p>	<p>LUCKY TRAY DAY ON 1/9/19 LOOK FOR A "YOU WIN" STICKER ON YOUR LUNCH TRAY FOR A FREE ICE CREAM OR SNACK HS/MS</p>	<p>2 Sweet and sour chicken, vegetable blend oranges</p>	<p>3 Italian dunkers, savory green beans and a side of sauce bananas</p>	<p>4 Baked Ziti, garlic bread and seasoned corn melon</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>7 Macaroni and cheese with green beans oranges</p>	<p>8 Cheeseburger and fries with seasoned corn Bananas</p>	<p>Lucky tray day 9 Chicken nuggets and broccoli bananas</p>	<p>10 Crunchy beef tacos with cheese, seasoned black beans Apples</p>	<p>11 Philly cheese steak sub, seasoned broccoli, grapes</p>
<p>ALTERNATE: Bagel Fun lunch (Bagel, cream cheese, 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>14 Mozzarella sticks w/ marinara and corn oranges</p>	<p>15 Chicken fajita wrap, buttered green beans Apples</p>	<p>16 Italian dunkers with marinara sauce and carrots bananas</p>	<p>17 Chicken alfredo pasta, cheddar broccoli grapes</p>	<p>18 Open faced hot turkey sandwich, mashed potato, corn melon</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>21 </p>	<p>22 Pepperoni and mozzarella flatbread, roasted sweet corn apples</p>	<p>23 Grilled cheese and tomato soup, seasoned carrots</p>	<p>24 French toast, turkey sausage, hash brown patty oranges</p>	<p>25 Meatball parmesan sub, seasoned corn bananas</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>28 Chicken nuggets, tater tots and steamed broccoli Grapes</p>	<p>29 Roasted turkey and gravy, mashed potatoes, fresh carrots melon</p>	<p>30 Popcorn chicken and mashed potato with gravy and corn apples</p>	<p>31 Chicken parmesan sandwich, garlic butter green beans oranges</p>	

CSD is an equal opportunity provider and employer.

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

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

