



FREE STUDENT MEALS Cairo-Durham Lunch Program May 2019

<p style="text-align: center;">LUCKY TRAY DAY ON 5/9/19 LOOK FOR A "YOU WIN" STICKER ON YOUR LUNCH TRAY FOR A FREE ICE CREAM OR SNACK HS/MS</p>	<p style="text-align: center; color: red;">Daily offerings WG chicken patty Pizza Deli bar Daily in HS Fresh Salads Yogurt Pasta offered at Elementary daily</p>	<p>1 Popcorn chicken and mashed potato bowl w/gravy and corn oranges</p>	<p>2 Italian dunkers w/ sauce, steamed broccoli melon</p>	<p>3 Cheeseburger and tater tots, buttered green beans apple</p>
<p style="color: red; font-size: small;">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 celerv sticks)</p>				
<p>6 Meatball sub, roasted brussel sprouts or carrots oranges</p>	<p>7 Chicken quesadilla, rice and green beans Bananas</p>	<p>8 Turkey Nachos, salsa and seasoned corn and kiwi</p>	<p>9 Macaroni and cheese, zucchini Apples LUCKY TRAY DAY</p>	<p>10 Chicken cheese steak, steamed broccoli Melon</p>
<p style="color: red; font-size: small;">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 celerv sticks)</p>				
<p>13 Roasted chicken, herb roasted potatoes, green beans oranges</p>	<p>14 Chicken and black bean rice bowl, cheddar cheese, seasoned corn Bananas</p>	<p>15 Turkey hot dog, French fries and carrots Mixed fruit</p>	<p>16 French toast sticks, turkey sausage link grapes</p>	<p>17 Chicken nuggets, garlic butter green beans apples</p>
<p style="color: red; font-size: small;">ALTERNATE: Muffin, 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 celerv sticks)</p>				
<p>20 Mozzarella sticks w/sauce and green beans oranges</p>	<p>21 BUDGET VOTE 1-9pm Turkey corn dog w/ cheddar mozzarella pasta salad bananas</p>	<p>22 Baked ziti, garlic bread and carrots grapes</p>	<p>23 Sweet n sour chicken, rice and peas melon</p>	<p>24 NO SCHOOL</p>
<p style="color: red; font-size: small;">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 celerv sticks)</p>				
<p>27 NO SCHOOL</p>	<p>28 Chicken parmesan, garden pasta salad bananas</p>	<p>29 Italian dunkers w/sauce Green beans apples</p>	<p>30 Cheeseburger, fries And corn oranges</p>	<p>30 Pasta with sauce and garlic bread melon</p>

Cairo-Durham CSD is an equal opportunity provider and employer.

Any question please contact Dan Sickles (Food Service Director) at 518-622-8534, 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 ELEMENTARY

