








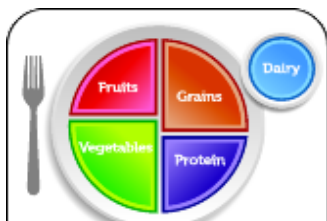
FREE STUDENT MEALS Cairo-Durham Breakfast Program February 2019

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|---|---|---|--|---|
| | <u>Daily offerings</u> <u>Fresh fruit</u> <u>Assorted Cereal</u> <u>Bagels</u> <u>Assorted Yogurt</u> <u>Assorted 100% juice</u> | | | 1 *Jiffy (sausage and pancake on a stick) Or Yogurt, bagel, cereal |
| 4 V French toast Or Yogurt, bagel, cereal | 5 *Bacon egg and cheese sandwich Or Yogurt, bagel, cereal | 6 Apple pie oatmeal or Yogurt, bagel, cereal | 7 Ham egg and cheese burrito Or Blueberry muffin | 8 *Jiffy (sausage and pancake on a stick) Or Yogurt, bagel, cereal |
| 11 V French toast Or Yogurt, bagel, cereal | 12 V *Bacon egg and cheese sandwich Or Yogurt, bagel, cereal | 13 Apple pie oatmeal or Yogurt, bagel, cereal | 14 Ham egg and cheese burrito Or Blueberry muffin | 15 *Jiffy (sausage and pancake on a stick) Or Yogurt, bagel, cereal |
| 18  | 19  | 20  | 21  | 22  |
| 25 French toast Or Yogurt, bagel, cereal | 26 *Bacon egg and cheese sandwich Or Yogurt, bagel, cereal | 27 Apple pie oatmeal or Yogurt, bagel, cereal | 28 Ham egg and cheese burrito 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




 Locally Grown Vegetarian



