
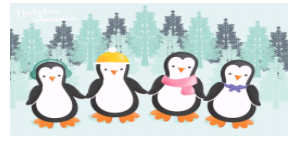







## FREE STUDENT MEALS Cairo-Durham Lunch Program February 2019

<p style="font-size: small; color: blue;">Daily offerings WG chicken patty Pizza <b>Deli bar Daily in HS</b> Fresh Salads Yogurt Pasta offered at Elementary daily</p>	<p style="font-size: small; color: purple;">LUCKY TRAY DAY ON 2/14/19 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;">1</p> <p>Italian dunkers with marinara sauce <b>Seasoned green beans</b> melon</p>
<p style="font-size: x-small; color: green;">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 style="text-align: center;">4</p> <p>Turkey nachos, black beans oranges</p>	<p style="text-align: center;">5</p> <p>Sweet and sour chicken, rice, pepper and onion <b>Bananas</b></p>	<p style="text-align: center;">6</p> <p>Buffalo mozzarella sticks, steamed broccoli kiwi</p>	<p style="text-align: center;">7</p> <p>Beef and bean burrito, corn Apples</p>	<p style="text-align: center;">8</p> <p>Chicken parm sandwich seasoned broccoli, grapes</p>
<p style="font-size: x-small; color: green;">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 style="text-align: center;">11</p> <p>Macaroni and cheese, seasoned carrots, dinner roll oranges</p>	<p style="text-align: center;">12</p> <p>Cheeseburger, broccoli w/cheese sauce Apples</p>	<p style="text-align: center;">13</p> <p>Turkey, mashed potatoes, gravy and green beans bananas</p>	<p style="text-align: center;">14</p> <p>Baked ziti, garlic bread and brussel sprouts grapes</p>	<p style="text-align: center;">15</p> <p>Chicken tenders, pasta with sauce, roasted corn melon</p>
<p style="font-size: x-small; color: orange;">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 style="text-align: center;">18</p> 	<p style="text-align: center;">19</p> 	<p style="text-align: center;">20</p> 	<p style="text-align: center;">21</p> 	<p style="text-align: center;">22</p> 
<p style="font-size: x-small; color: orange;">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 style="text-align: center;">25</p> <p>Chicken nuggets, tater tots and steamed broccoli <b>Grapes</b></p>	<p style="text-align: center;">26</p> <p>Popcorn chicken and mashed potato with gravy and carrots melon</p>	<p style="text-align: center;">27</p> <p>Hot roast beef sandwich with gravy and corn apples</p>	<p style="text-align: center;">28</p> <p>Pasta with meat sauce, 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

