



FREE STUDENT MEALS Cairo-Durham Lunch Program March 2019

<p>Daily offerings WG chicken patty Pizza Deli bar Daily in HS Fresh Salads Yogurt Pasta offered at Elementary daily</p>	<p>LUCKY TRAY DAY ON 3/12/19 LOOK FOR A "YOU WIN" STICKER ON YOUR LUNCH TRAY FOR A FREE ICE CREAM OR SNACK HS/MS</p>		<p>YES! FREE LUNCH!</p>	<p>1 Italian dunkers with marinara sauce Seasoned green beans 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>4 Turkey nachos, black beans oranges</p>	<p>5 Scrambled eggs, hash brown, bacon Bananas</p>	<p>6 Goulash, garlic bread and green beans kiwi</p>	<p>7 Grilled cheese and tomato soup Apples</p>	<p>8 Sweet and sour chicken, rice and vegetable blend, 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>11 BBQ chicken and cheddar cheese sandwich carrots oranges</p>	<p>12 Turkey hot dog, mac n cheese and green beans Apples LUCKY TRAY DAY</p>	<p>13 Popcorn chicken, fries and corn bananas</p>	<p>14 Homemade corned beef and cabbage with potatoes grapes</p>	<p>15 Italian dunkers, with sauce and broccoli 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 celerv sticks)</p>				
<p>18 Cheese quesadilla, black beans and rice Apples</p>	<p>19 Chicken alfredo pasta, garlic bread and green beans bananas</p>	<p>20 Meatloaf, mashed potatoes, gravy and corn oranges</p>	<p>21 Pulled pork, macaroni and cheese, broccoli kiwi</p>	<p>22 Chicken nuggets, broccoli with cheese sauce, dinner roll melon</p>
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<p>25 General tso's chicken, rice and veggie blend Grapes</p>	<p>26 Cheeseburger and fries melon</p>	<p>27 Turkey mashed potatoes, gravy and green beans apples</p>	<p>28 Mozzarella sticks, broccoli oranges</p>	<p>29 Chicken tenders and pasta, corn melon</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

