







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

1 <b>Macho Nachos</b> Salsa, black beans bananas	2 <b>Chicken, cheddar</b> and rice casserole, broccoli apples	3 <b>Hot open faced</b> turkey sandwich, mashed potatoes and corn oranges	4 <b>Grilled cheese</b> and tomato soup, melon	5 <b>Sweet and sour</b> chicken, rice and veggie blend apple
<b>ALTERNATE:</b> 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)				
8 <b>Regular or Buffalo</b> Mozzarella sticks Seasoned carrots, potato salad oranges	9 <b>Macaroni and cheese,</b> garlic buttered green beans Bananas	10 <b>Cheeseburger and</b> fries with roasted corn kiwi	11 <b>Pepperoni and</b> mozzarella flatbread, side of pasta, Apples	12 <b>Italian dunkers,</b> marinara sauce, steamed broccoli Melon <b>LUCKY TRAY DAY</b>
<b>ALTERNATE:</b> 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)				
15 <b>BBQ chicken</b> homemade cornbread and green beans oranges	16 <b>TACO TUESDAY</b> 2 beef hard tacos with cheddar cheese and corn Bananas	17 <b>Turkey hot dog,</b> French fries and carrots bananas	18 <b>French toast</b> sticks, turkey sausage link grapes	19  <b>NO SCHOOL</b>
22 	23 	24 <b>NO</b> <b>SCHOOL</b>	25 <b>NO</b> <b>SCHOOL</b>	26 <b>NO</b> <b>SCHOOL</b>
<b>ALTERNATE:</b> 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 celery sticks)				
29 <b>General Tso's Chicken,</b> rice and oriental vegetable blend Fortune cookie orange	30 <b>Pasta with meat sauce,</b> garlic bread and green beans bananas		<b>Daily offerings</b> <b>WG chicken patty</b> <b>Pizza</b> <b>Deli bar Daily in HS</b> <b>Fresh Salads</b> <b>Yogurt</b> <b>Pasta offered at</b> <b>Elementary daily</b>	<b>LUCKY TRAY DAY ON</b> <b>4/12/19</b> <b>LOOK FOR A "YOU</b> <b>WIN" STICKER ON</b> <b>YOUR LUNCH TRAY FOR</b> <b>A FREE ICE CREAM OR</b> <b>SNACK HS/MS</b>

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

