



FREE STUDENT MEALS Cairo-Durham Lunch Program June 2019

<p>Daily offerings WG chicken patty Pizza Deli bar Daily in HS Fresh Salads Yogurt Pasta offered at Elementary daily</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>3 Chicken parm pasta bake w/green beans Apples</p>				<p>4 Chicken quesadilla, rice and vegetarian beans Bananas</p>				<p>5 Turkey Nachos, salsa and seasoned corn and kiwi</p>				<p>6 Macaroni and cheese, seasoned peas Apples</p>				<p>7 Chicken cheese steak, steamed broccoli Melon</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>10 Roasted chicken, herb roasted potatoes, green beans oranges</p>				<p>11 Cheeseburger and roasted corn Bananas</p>				<p>12 Italian dunkers w/sauce and carrots Mixed fruit</p>				<p>13 French toast sticks, hash brown, turkey sausage link grapes</p>				<p>14 Pasta, garlic butter green beans and dinner roll apples</p>			
<p>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 celery sticks)</p>																			
<p>17 Chicken parmesan sandwich and green beans oranges</p>				<p>18 Jiffy (pancake and sausage on a stick), graham crackers, juice bananas</p>				<p>19 Macaroni and cheese, dinner roll and carrots grapes</p>				<p>20 Grilled cheese and tater tots and carrots melon</p>				<p>21 Chicken nuggets and garlic butter green beans apples</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>24 Pizza or chicken patty Assorted fruit or juice</p>				<p>25 Pizza or chicken patty Assorted fruit or juice</p>				<p>26 Superintendents conference day No school</p>				<p>27 </p>				<p>28</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

