





FREE STUDENT MEALS Cairo-Durham Breakfast Program September 2019

<p><u>Daily offerings</u> <u>Fresh fruit</u> <u>Assorted Cereal</u> <u>Bagels</u> <u>Assorted Yogurt</u> <u>Assorted 100% juice</u></p>	<p>3 Superintendent s day No school</p>	<p>4 V Chocolate chip oatmeal round or banana muffin or Yogurt, bagel, cereal</p>	<p>5 V French toast Or Yogurt, bagel, cereal</p>	<p>6 Bacon egg and cheese sandwich Or Yogurt, bagel, cereal</p>
<p>9 V Egg and cheese burrito Or Yogurt, bagel cereal</p>	<p>10 *Jiffy (sausage and pancake on a stick) or Yogurt, bagel, cereal</p>	<p>11 V Chocolate chip oatmeal round or banana muffin or Yogurt, bagel, cereal</p>	<p>12 V French toast Or Yogurt, bagel, cereal</p>	<p>13 Bacon egg and cheese sandwich Or Yogurt, bagel, cereal</p>
<p>16 V Egg and cheese burrito Or Yogurt, bagel cereal</p>	<p>17 *Jiffy (sausage and pancake on a stick) or Yogurt, bagel, cereal</p>	<p>18 V Chocolate chip oatmeal round or banana muffin or Yogurt, bagel, cereal</p>	<p>19 V French toast Or Yogurt, bagel, cereal</p>	<p>20 Bacon egg and cheese sandwich Or Yogurt, bagel, cereal</p>
<p>23 V Egg and cheese burrito Or Yogurt, bagel cereal</p>	<p>24 *Jiffy (sausage and pancake on a stick) or Yogurt, bagel, cereal l</p>	<p>25 V Chocolate chip oatmeal round or banana muffin or Yogurt, bagel, cereal</p>	<p>26 V French toast Or Yogurt, bagel, cereal</p>	<p>27 Bacon egg and cheese sandwich Or Yogurt, bagel, cereal</p>
<p>30 V Egg and cheese burrito Or Yogurt, bagel cereal</p>				

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

