





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

<p>Daily offerings WG chicken patty Pizza Deli bar Daily in HS Fresh Salads Yogurt Pasta offered at Elementary daily</p>	<p><b>Superintendents conference day</b></p> <p><b>No school</b></p>	<p>4 Chicken nuggets, savory garlic green beans Apples</p>	<p>5 Cheeseburger, French fries and seasoned corn Grapes</p>	<p>6 Chicken parmesan with pasta and sweet green peas Oranges</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 celerv sticks)</p>				
<p>9 Macho Nachos with rice, cheese and refried beans bananas</p>	<p>10 Macaroni and cheese, garlic butter green beans, dinner roll melon</p>	<p>11 Italian dunkers with sauce, steamed broccoli Apples</p>	<p>12 cheese quesadilla, rice and corn Oranges</p>	<p>13 Chicken cheese steak, crinkle cut fries and green beans 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 celerv sticks)</p>				
<p>16 BBQ Roasted chicken, homemade cornbread, mixed veggies oranges</p>	<p>17 Hard shell beef tacos, seasoned corn, salsa and cheese Bananas</p>	<p>18 Hot dog, fries and carrots melon</p>	<p>19 French toast sticks, hash brown, turkey sausage link grapes</p>	<p>20 Meatball sub and steamed broccoli, 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 celerv sticks)</p>				
<p>23 Spicy Buffalo or regular mozzarella sticks, w/sauce and seasoned carrots oranges</p>	<p>24 Chicken and mashed potato bowl with gravy and cheddar cheese, garlic green beans bananas</p>	<p>25 Pasta alfredo with chicken, garlic bread and corn grapes</p>	<p>26 Pepperoni and mozzarella flatbread w/pasta melon</p>	<p>27 Grilled cheese and tomato soup 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 celerv sticks)</p>				
<p>30 General tsos chicken, oriental veggie blend and rice Bananas</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

