




FREE STUDENT MEALS Cairo-Durham Elementary in school Breakfast Program September 2020

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p>1 </p>	<p>2 </p>	<p>3 </p>	<p>4 </p>
<p>7 </p>	<p>8 </p>	<p>9 Reduced sugar Cocoa puffs, String cheese, orange wedges and 100% juice</p>	<p>10 Whole grain Blueberry muffin, string cheese, chilled pears and 100% juice</p>	<p>11 Bagel with a side of cream cheese and butter, string cheese, banana and 100% juice</p>
<p>14 Reduced sugar Cinnamon toast crunch cereal, string cheese, apple and 100% juice</p>	<p>15 Egg and cheese on a roll, string cheese, honey graham crackers, grapes and 100% juice</p>	<p>16 Strawberry yogurt, honey graham crackers, banana and 100% juice</p>	<p>17 Cheerios, Mozzarella string cheese, applesauce cup and 100% juice</p>	<p>18 Bagel with a side of cream cheese and butter, string cheese, orange wedges and 100% juice</p>
<p>21 Lucky charms cereal, Mozzarella string cheese, apple and 100% juice</p>	<p>22 Whole grain Double chocolate chip muffin, fruit cup, string cheese and 100% juice</p>	<p>23 Reduced sugar Cocoa puffs, mozzarella string cheese, banana and 100% juice</p>	<p>24 Warm Apple Frudel pastry, mozzarella string cheese, fruit cup and 100% juice</p>	<p>25 Bagel with a side of cream cheese and butter, string cheese, grapes and 100% juice</p>
<p>28 Reduced sugar Cinnamon toast crunch, mozzarella string cheese, apple and 100% juice</p>	<p>29 Bagel, yogurt, side of cream cheese and butter, mozzarella string cheese and 100% juice.</p>	<p>30 Reduced sugar Apple jacks, mozzarella string cheese, orange wedges and 100% juice.</p>	<p>All breakfast meals will be pre-bagged and ready for students upon arrival in their classrooms for those that preorder the day before.</p>	<p><u>Daily offerings</u> Will include Fresh fruit <u>Assorted 100% juice</u> And choice of 1%white or <u>fat free chocolate milk</u></p>

Cairo-Durham CSD is an equal opportunity provider and employer.

Any questions, please contact Dan Sickles (Food Service Director) 518-622-8543 x58900

Milk choices include 1% white, skim chocolate, and lactaid (lactose free)

