







**FREE STUDENT MEALS** Cairo-Durham Elementary in school lunch  
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 Cheeseburger or Tuna salad sandwich or Chicken Caesar salad Side of fresh broccoli and banana</p>	<p>10 Chicken patty or PB&amp;J sandwich or Chicken Caesar salad Side of carrots and applesauce</p>	<p>11 Cheese pizza or Ham and cheese sub or Chicken Caesar salad. Side of cucumber and orange wedges</p>
<p>14 Hot dog and fries or Muffin and goldfish fun lunch (blueberry muffin, goldfish, yogurt and string cheese) or Mixed green salad w/cheese Fruit cup and celery sticks</p>	<p>15 Grilled cheese or Cereal fun lunch (golden grahams, yogurt, string cheese and goldfish) or Mixed green salad w/cheese Side of Orange wedges and carrots</p>	<p>16 French toast sticks, syrup or Bagel fun lunch (bagel, peanut butter and yogurt) Mixed green salad w/cheese Side of broccoli and a banana</p>	<p>17 Chicken patty or Blueberry muffin and goldfish fun lunch or Mixed green salad w/cheese Side of cherry tomatoes and an apple</p>	<p>18 Cheese pizza or Cereal (Cheerio) fun lunch or Mixed green salad w/cheese Graham crackers Side of Applesauce and cucumbers</p>
<p>21 Chicken nuggets or Tuna salad sandwich Or Chicken Caesar salad Side of celery sticks and an apple</p>	<p>22 Nachos w/meat and cheese Or Ham and cheese sub Or chicken Caesar salad Side of carrots and orange wedges</p>	<p>23 Cheeseburger Or PB&amp;J With fries Or Chicken Caesar salad Side of cucumber slices and a banana</p>	<p>24 Baked ziti w/dinner roll Or Cheerio Fun lunch (cereal, yogurt, string cheese, goldfish) Or Chicken Caesar salad Side of cherry tomatoes and grapes</p>	<p>25 Cheese pizza Or Turkey and cheese sub Or chicken Caesar salad Side of applesauce and baby carrots</p>
<p>28 Meatball Sub w/cheese Or Ham and cheese sandwich Or Garden salad Side of cucumbers and fruit cup</p>	<p>29 Chicken patty sandwich Or PB&amp;J Or Garden salad Side of baby carrots and grapes</p>	<p>30 Cheeseburger and fries Or turkey and cheese sandwich Or garden salad Side of applesauce and celery sticks</p>	<p><u>Daily offerings</u> <u>Will include Fresh fruit</u> <u>Assorted 100% juice</u> <u>And choice of 1%white or 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)

