







FREE STUDENT MEALS Cairo-Durham HS/MS in school Breakfast Program September 2020

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p style="text-align: center;">1</p> 	<p style="text-align: center;">2</p> 	<p style="text-align: center;">3</p> 	<p style="text-align: center;">4</p> 
<p style="text-align: center;">7</p> 	<p style="text-align: center;">8</p> 	<p style="text-align: center;">9</p>	<p style="text-align: center;">10</p> <p>Bagel w/ cream cheese Or WG Double chocolate muffin</p> <p>String cheese, juice and cupped fruit</p>	<p style="text-align: center;">11</p> <p>Bagel w/ cream cheese Or WG Double chocolate muffin</p> <p>String cheese, juice and cupped fruit</p>
<p style="text-align: center;">14</p> <p>French toast sticks Or Cocoa Puffs cereal</p> <p>String cheese, juice and Graham crackers</p>	<p style="text-align: center;">15</p> <p>French toast sticks Or Cocoa Puffs cereal</p> <p>String cheese, juice and Graham crackers</p>	<p style="text-align: center;">16</p> <p>Sausage Egg and cheese sandwich Or Lucky charms cereal</p> <p>String cheese, juice and graham crackers</p>	<p style="text-align: center;">17</p> <p>Bagel w/cream cheese Or WG blueberry muffin</p> <p>String cheese, graham crackers and juice</p>	<p style="text-align: center;">18</p> <p>Bagel w/cream cheese Or WG blueberry muffin</p> <p>String cheese, graham crackers and juice</p>
<p style="text-align: center;">21</p> <p>Sausage and pancake on a stick (Jiffy) Or Cinnamon toast crunch cereal</p> <p>String cheese, juice and Graham crackers</p>	<p style="text-align: center;">22</p> <p>Sausage and pancake on a stick (Jiffy) Or Cinnamon toast crunch cereal</p> <p>String cheese, juice and Graham crackers</p>	<p style="text-align: center;">23</p> <p>Egg and cheese sandwich Or Strawberry pop-tart</p> <p>String cheese, juice and Graham crackers</p>	<p style="text-align: center;">24</p> <p>Bagel w/cream cheese Or Cheerios cereal</p> <p>String cheese, juice and Graham crackers</p>	<p style="text-align: center;">25</p> <p>Bagel w/cream cheese Or Cheerios cereal</p> <p>String cheese, juice and Graham crackers</p>
<p style="text-align: center;">28</p> <p>Warm apple frudel pastry Or Golden grahams cereal</p> <p>String cheese, juice and Graham crackers</p>	<p style="text-align: center;">29</p> <p>Warm apple frudel pastry Or Golden grahams cereal</p> <p>String cheese, juice and Graham crackers</p>	<p style="text-align: center;">30</p> <p>Bacon egg and cheese sandwich Or Nature valley granola bars</p> <p>String cheese, graham crackers and juice</p>	<p style="text-align: center;">Fruit and vegetables may be substituted due to Availability issues</p>	<p style="text-align: center;"><u>Daily offerings</u> Will include <u>Fresh or cupped fruit</u> And choice of <u>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)

