





FREE STUDENT MEALS Cairo-Durham HS/MS 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 And fries or Ham and cheese sub Or popcorn chicken salad Cup fruit and cucumbers</p>	<p>10 Chicken patty Or Tuna sandwich Or Popcorn chicken salad Apples and baby carrots</p>	<p>11 Chicken patty Or Tuna sandwich Or Popcorn chicken salad Apples and baby carrots</p>
<p>14 Cheese pizza Or Turkey Blt wrap Or Popcorn chicken salad Mixed fruit cup and pepper strips</p>	<p>15 Cheese pizza Or Turkey Blt wrap Or Popcorn chicken salad Mixed fruit cup and pepper strips</p>	<p>16 French toast sticks, sausage patty Or Popcorn chicken salad Baby carrots and banana</p>	<p>17 Hot dog and tater tots Or Ham and cheese sub Or Garden salad Applesauce and sliced cucumber</p>	<p>18 Hot dog and tater tots Or Ham and cheese sub Or Garden salad Applesauce and sliced cucumber</p>
<p>21 Cheese pizza Or PB&J Or Popcorn chicken salad Mixed fruit cup and pepper strips and green beans</p>	<p>22 Cheese pizza Or PB&J Or Popcorn chicken salad Mixed fruit cup and pepper strips and green beans</p>	<p>23 Pulled pork on a pretzel roll, baked beans Or Ham and cheese sandwich Fruit cup and fresh broccoli</p>	<p>24 Chicken nuggets w/roll Or Turkey and cheese sandwich Or garden salad w/egg Baby carrots and an apple</p>	<p>25 Chicken nuggets w/roll Or Turkey and cheese sandwich Or garden salad w/egg Baby carrots and an apple</p>
<p>28 Pulled pork on pretzel roll French fries Or Ham and cheese sub Or Garden salad w/ egg Fruit and cherry tomatoes</p>	<p>29 Pulled pork on pretzel roll French fries Or Ham and cheese sub Or Garden salad w/ egg Fruit and cherry tomatoes</p>	<p>30 Grilled cheese Tomato soup Or Turkey sandwich Side of celery sticks and applesauce cup</p>	<p>Fruit and vegetables may be substituted due to Availability issues</p>	<p><u>Daily offerings</u> <u>Will include Fresh or cupped fruit</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)

