





FREE STUDENT MEALS Cairo-Durham Remote meals Breakfast Program September 2020

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p>1 All prepackaged Pastry meals (French toast, waffle, frudels) are precooked and can be either thaw and serve, microwavable, baked or toaster friendly.</p>	<p>2 No hot meals will be available for remote learning due to the unknown of supervision for reheating meals.</p>	<p>3 </p>	<p>4 </p>
<p>7 </p>	<p>8 </p>	<p>9 Lucky charms, String cheese, graham crackers, fruit and 100% juice</p>	<p>10 Apple Frudel pastry, mozzarella string cheese, fruit and 100% juice</p>	<p>11 Bagel with a side of cream cheese and butter, string cheese, fruit and 100% juice</p>
<p>14 Reduced sugar Cinnamon toast crunch cereal, string cheese, fruit and 100% juice</p>	<p>15 Mini French toast, syrup, string cheese, fruit and 100% juice</p>	<p>16 Cheerios, honey graham crackers, fruit and 100% juice</p>	<p>17 Mini maple waffle, syrup, 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 Cinnamon toast crunch cereal bar, Mozzarella string cheese, fruit and 100% juice</p>	<p>22 Whole grain Double chocolate chip muffin, fruit cup, string cheese and 100% juice</p>	<p>23 Cherry frudel pastry, mozzarella string cheese, fruit and 100% juice</p>	<p>24 Cinnamon cream cheese stuffed bagel, mozzarella string cheese, fruit 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 Apple Jacks , mozzarella string cheese, fruit and 100% juice</p>	<p>29 Mini French toast , syrup, mozzarella string cheese, fruit and 100% juice</p>	<p>30 Golden grahams, mozzarella string cheese, fruit and 100% juice</p>	<p>All breakfast meals will be pre-bagged and ready for pickup at HS/MS or Delivery</p>	<p><u>Daily offerings</u> <u>Will include 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)

