






FREE STUDENT MEALS Cairo-Durham HS/MS remote lunch Program
September 2020

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p>1 No hot meals will be available for remote learning due to the unknown of supervision for reheating meals.</p>	<p>2 </p>	<p>3 </p>	<p>4 </p>
<p>7 </p>	<p>8 </p>	<p>9 PB&J sandwich Animal crackers, String cheese Fresh fruit and celery sticks</p>	<p>10 Ham and cheese sub Fresh baby carrots and Fresh fruit</p>	<p>11 Turkey, cheese and lettuce wrap Applesauce cup and Garbanzo bean salad</p>
<p>14 Italian mix sub Fresh fruit And cherry tomatoes</p>	<p>15 Ham and cheese sub Fruit and baby carrots</p>	<p>16 Turkey and cheese on a roll Fruit And celery sticks</p>	<p>17 PB&J sandwich Fruit and fresh pepper strips</p>	<p>18 Chicken Caesar salad wrap Fruit and baby carrots</p>
<p>21 BBQ Chicken and cheddar cheese wrap Fruit and sliced cucumbers</p>	<p>22 Ham and cheese sub Fruit and baby carrots</p>	<p>23 Turkey and cheese on a roll Fruit And celery sticks</p>	<p>24 PB&J sandwich Fruit and fresh pepper strips</p>	<p>25 Chicken Caesar salad wrap Fruit and baby carrots</p>
<p>28 Ham and mozzarella cheese on a roll Fruit and cherry tomatoes</p>	<p>29 Turkey and cheese sandwich Fruit and baby carrots</p>	<p>30 PB&J sandwich Fruit and fresh pepper strips</p>		<p><u>Daily offerings</u> Will include Fresh fruit And choice of 1%white or fat free chocolate milk</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)

