

FREE STUDENT MEALS Cairo-Durham Elementary in school Breakfast Program October 2020

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| <p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p> | <p>All breakfast meals will be pre-bagged and ready for students upon arrival in their classrooms for those that preorder the day before.</p> | <p><u>Daily offerings</u> Will include <u>Assorted 100% juice</u> And choice of <u>1%white</u> or <u>fat free chocolate milk</u></p> | <p>1 Whole grain Blueberry muffin, string cheese, graham crackers and 100% juice</p> | <p>2 Bagel with a side of cream cheese and butter, string cheese, graham crackers and 100% juice</p> |
| <p>5 Reduced sugar Cinnamon toast crunch cereal, string cheese and 100% juice</p> | <p>6 Turkey ham, egg and cheese burrito, string cheese and 100%juice</p> | <p>7 Whole grain Banana muffin, string cheese, graham crackers and 100% juice</p> | <p>8 Cheerios, Mozzarella string cheese, graham crackers and 100% juice</p> | <p>9 Bagel with a side of cream cheese and butter, string cheese, graham crackers and 100% juice</p> |
| <p>12 </p> | <p>13 Whole grain Blueberry muffin, string cheese, graham crackers and 100% juice</p> | <p>14 Reduced sugar Cocoa puffs, mozzarella string cheese, graham crackers and 100% juice</p> | <p>15 Warm Apple Frudel pastry, mozzarella string cheese and 100% juice</p> | <p>16 Bagel with a side of cream cheese and butter, string cheese, graham crackers and 100% juice</p> |
| <p>19 Lucky charms cereal, Mozzarella string cheese, graham crackers and 100% juice</p> | <p>20 Mini maple pancakes, string cheese, and 100% juice</p> | <p>21 Reduced sugar Cinnamon toast crunch cereal, string cheese and 100% juice</p> | <p>22 Vanilla yogurt with blueberries, mozzarella string cheese, graham crackers and 100% juice</p> | <p>23 Bagel with a side of cream cheese and butter, string cheese, graham crackers and 100% juice</p> |
| <p>26 Golden grahams cereal, mozzarella string cheese and 100% juice</p> | <p>27 Whole grain Banana muffin, string cheese, graham crackers and 100% juice</p> | <p>28 Reduced sugar Cocoa puffs, mozzarella string cheese, graham crackers and 100% juice</p> | <p>29 Warm Apple Frudel pastry, mozzarella string cheese and 100% juice</p> | <p>30 Bagel with a side of cream cheese and butter, string cheese, graham crackers and 100% juice</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)

