

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

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p><u>Daily offerings</u> <u>Will include Fresh fruit</u> <u>Assorted 100% juice</u> <u>And choice of 1%white</u> <u>or fat free chocolate</u> <u>milk</u></p>		<p style="text-align: center;">1</p> <p>Macaroni and cheese with diner roll or Ham and cheese sandwich or mixed green salad</p> <p>Side of cucumbers and fruit</p>	<p style="text-align: center;">2</p> <p>Cheese pizza or Tuna fish sandwich w/goldfish crackers Or Mixed green salad Fruit and baby carrots</p>
<p style="text-align: center;">5</p> <p>Cheeseburger and fries or Muffin and goldfish fun lunch (<i>blueberry muffin, goldfish, yogurt and string cheese</i>) or Mixed green salad w/cheese.</p> <p>Fruit cup and celery sticks</p>	<p style="text-align: center;">6</p> <p>Pasta w/sauce and garlic bread Or Ham and cheese sub or mixed green Salad</p> <p>Side of carrots and orange wedges</p>	<p style="text-align: center;">7</p> <p>Popcorn chicken and mashed potato bowl Or Grilled chicken sandwich or Caesar salad.</p> <p>Side of corn and banana</p>	<p style="text-align: center;">8</p> <p>Chicken patty or Muffin and goldfish fun lunch (<i>blueberry muffin, goldfish, yogurt and string cheese</i>) or Chicken Caesar salad ,</p> <p>Side of carrots and applesauce</p>	<p style="text-align: center;">9</p> <p>Cheese pizza or Cereal fun lunch (<i>golden grahams, yogurt, string cheese and goldfish</i>) or Chicken Caesar salad.</p> <p>Side of cucumber and orange wedges</p>
<p style="text-align: center;">12</p>  <p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: center;">13</p> <p>Chicken patty Or Ham and cheese sub Or Salad w/cheese</p> <p>Side of baby carrots and apple</p>	<p style="text-align: center;">14</p> <p>Chicken and cheese quesadilla or PB&J Or salad w/cheese</p> <p>Side of broccoli and a banana</p>	<p style="text-align: center;">15</p> <p>Hot dog or Lucky charms cereal fun lunch Mixed green salad w/cheese</p> <p>Side of cherry tomatoes and a fruit cup.</p>	<p style="text-align: center;">16</p> <p>Cheese pizza or Turkey and cheese sandwich Or Salad w/cheese</p> <p>Side of Applesauce and cucumbers.</p>
<p style="text-align: center;">19</p> <p>Macaroni and cheese with green beans or Blueberry muffin fun lunch or Mixed green salad Side of celery sticks and an apple</p>	<p style="text-align: center;">20</p> <p>Chicken patty sandwich Or Cereal fun lunch Or Mixed green salad Side of carrots and orange wedges</p>	<p style="text-align: center;">21</p> <p>Jiffy(pancake and sausage on a stick) or Ham and cheese sub Or Mixed green salad</p> <p>Side of cucumber slices and a banana</p>	<p style="text-align: center;">22</p> <p>Chicken cheese steak w/fries Or Muffin and goldfish fun lunch (<i>blueberry muffin, goldfish, yogurt and string cheese</i>) Or Mixed green salad</p> <p>Side of cherry tomatoes and grapes</p>	<p style="text-align: center;">23</p> <p>Cheese pizza Or Turkey and cheese sub Or Mixed green salad</p> <p>Side of applesauce and baby carrots</p>
<p style="text-align: center;">26</p> <p>Chicken nuggets Or Cheese sandwich w/chips Or Chicken Caesar salad Side of cucumbers and fruit cup</p>	<p style="text-align: center;">27</p> <p>Macho nacho Or Ham and cheese sandwich Or Chicken Caesar salad Side of baby carrots and grapes</p>	<p style="text-align: center;">28</p> <p>Cheeseburger and fries Or PB&J sandwich Or Chicken Caesar salad</p> <p>Side of applesauce and celery sticks</p>	<p style="text-align: center;">29</p> <p>Baked ziti w/roll Or Cheerio fun lunch Or Chicken Caesar salad</p> <p>Orange and pepper strips</p>	<p style="text-align: center;">30</p> <p>Cheese pizza Or Ham and Cheese sandwich or Chicken Caesar salad</p> <p>Banana and baby carrots</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)

