

## FREE STUDENT MEALS Cairo-Durham HS/MS in school Breakfast Program October 2020

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p>Fruit and vegetables may be substituted due to Availability issues</p>	<p>Daily offerings <u>Will include Fresh or cupped fruit</u> <u>And choice of 1%white or fat free chocolate milk</u></p>	<p>1 Bacon, egg and cheese sandwich Or Blueberry muffin  String cheese, juice and graham crackers</p>	<p>2 Bacon, egg and cheese sandwich Or Blueberry muffin  String cheese, juice and graham crackers</p>
<p>5 Mini Maple pancakes Or Cocoa puffs cereal  String cheese, juice and graham crackers</p>	<p>6 Mini Maple pancakes Or Cocoa puffs cereal  String cheese, juice and graham crackers</p>	<p>7 Sausage and cheese sandwich Or Blueberry Muffin  String cheese, juice and graham crackers</p>	<p>8 Sausage egg and cheese sandwich Or Blueberry muffin  String cheese, juice and graham crackers</p>	<p>9 Sausage egg and cheese sandwich Or Blueberry muffin  String cheese, juice and graham crackers</p>
<p>12 </p>	<p>13 French toast sticks Or Cocoa Puffs cereal  String cheese, juice and Graham crackers</p>	<p>14 French toast sticks Or Cereal  String cheese, juice and graham crackers</p>	<p>15 Bacon, egg and cheese pizza Or Double chocolate muffin String cheese, graham crackers and juice</p>	<p>16 Bacon, egg and cheese pizza Or Double chocolate muffin String cheese, graham crackers and juice</p>
<p>19 Sausage and pancake on a stick (Jiffy) Or Cinnamon toast crunch cereal  String cheese, juice and Graham crackers</p>	<p>20 Sausage and pancake on a stick (Jiffy) Or Cinnamon toast crunch cereal  String cheese, juice and Graham crackers</p>	<p>21 Egg and cheese sandwich Or Strawberry pop-tart  String cheese, juice and Graham crackers</p>	<p>22 Bagel w/cream cheese Or Blueberry waffle  String cheese, juice and Graham crackers</p>	<p>23 Bagel w/cream cheese Or Blueberry waffle  String cheese, juice and Graham crackers</p>
<p>26 Egg and cheese sandwich Or Golden grahams cereal  String cheese, juice and Graham crackers</p>	<p>27 Egg and cheese sandwich Or Golden grahams cereal  String cheese, juice and Graham crackers</p>	<p>28 Sausage and pancake on a stick (Jiffy) Or Nature valley granola bars String cheese, graham crackers and juice</p>	<p>29 Bagel w/cream cheese Or Double chocolate muffin  String cheese, juice and Graham crackers</p>	<p>30 Bagel w/cream cheese Or Double chocolate muffin  String cheese, juice and Graham crackers</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)

