

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

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p>Daily offerings Will include Fresh or cupped fruit And choice of 1%white or fat free chocolate milk</p>	<p>Fruit and vegetables may be substituted due to availability issues</p>	<p>1 Cheeseburger and fries or Buffalo chicken wrap Or Popcorn chicken salad Cucumbers and banana</p>	<p>2 Cheeseburger and fries or Buffalo chicken wrap Or Popcorn chicken salad Cucumbers and banana</p>
<p>5 Chicken nuggets or Pulled pork sandwich with roasted carrots or chef salad celery sticks and apple</p>	<p>6 Chicken nuggets or Pulled pork sandwich with roasted carrots or chef salad celery sticks and apple</p>	<p>7 Grilled cheese and tomato soup or Ham and cheese sub Or Garden salad cup fruit and cucumbers.</p>	<p>8 Cheese pizza Or PB&J Or Garden salad Mixed fruit cup and pepper strips</p>	<p>9 Cheese pizza Or PB&J Or Garden salad Mixed fruit cup and pepper strips</p>
<p>12  NO SCHOOL</p>	<p>13 Bacon cheeseburger Or Turkey BLT Or Popcorn chicken salad Carrots and fresh fruit</p>	<p>14 French toast sticks, sausage patty Or Popcorn chicken salad Baby carrots and banana</p>	<p>15 Cheese pizza Or Ham and cheese sub Or Popcorn chicken salad fruit cup and cucumbers</p>	<p>16 Cheese pizza Or Ham and cheese sub Or Popcorn chicken salad fruit cup and cucumbers</p>
<p>19 Chicken patty Or BBQ chicken Or mixed green salad w/cheese Green beans and oranges</p>	<p>20 Chicken patty Or BBQ chicken Or mixed green salad w/cheese Green beans and oranges</p>	<p>21 French toast sticks, sausage patty Or Popcorn chicken salad Or PB&J Baby carrots and banana</p>	<p>22 Cheese pizza Or Ham and cheese sub Or Popcorn chicken salad fruit cup and cucumbers</p>	<p>23 Cheese pizza Or Ham and cheese sub Or Popcorn chicken salad fruit cup and cucumbers</p>
<p>26 Buffalo chicken wrap Or Chicken nuggets Or Chef salad Baby carrots and Apple</p>	<p>27 Buffalo chicken wrap Or Chicken nuggets Or Chef salad Baby carrots and Apple</p>	<p>28 Cheeseburger and baked beans or Chef salad Oranges and peppers</p>	<p>29 Cheese pizza Or Macaroni and cheese with green beans Banana and cucumbers</p>	<p>30 Cheese pizza Or Macaroni and cheese with green beans Banana and cucumbers</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)

