

## FREE STUDENT MEALS Cairo-Durham Remote meals Breakfast Program October 2020

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p>All prepackaged Pastry meals(French toast, waffle, frudels) are precooked and can be either thaw and serve, microwavable, ovenable or toaster friendly.</p>	<p>No hot meals will be available for remote learning due to the unknown of supervision for reheating meals.</p>	<p>1 Apple Frudel pastry, mozzarella string cheese, and 100% juice</p>	<p>2 Bagel with a side of cream cheese and butter, string cheese, and 100% juice</p>
<p>5 Blueberry muffin String cheese and 100% juice</p>	<p>6 Cocoa puffs, string cheese and 100% juice</p>	<p>7 Cherry frudel pastry, mozzarella string cheese, and 100% juice</p>	<p>8 Cinnamon cream cheese stuffed bagel, mozzarella string cheese, and 100% juice</p>	<p>9 Bagel with a side of cream cheese and butter, string cheese, and 100% juice</p>
<p>12   NO SCHOOL</p>	<p>13 Mini French toast, syrup, string cheese, fruit and 100% juice</p>	<p>14 Cheerios, honey graham crackers, fruit and 100% juice</p>	<p>15 Blueberry muffin, Mozzarella string cheese, and 100% juice</p>	<p>16 Bagel with a side of cream cheese and butter, string cheese, and 100% juice</p>
<p>19 Apple Frudel pastry, mozzarella string cheese, and 100% juice</p>	<p>20 Whole grain Double chocolate chip muffin, string cheese and 100% juice</p>	<p>21 Cheerios, honey graham crackers, fruit and 100% juice</p>	<p>22 Mini maple waffle, syrup, Mozzarella string cheese, and 100% juice</p>	<p>23 Bagel with a side of cream cheese and butter, string cheese, and 100% juice</p>
<p>26 Cinnamon toast crunch bar , mozzarella string cheese, and 100% juice</p>	<p>27 Golden grahams, mozzarella string cheese, and 100% juice..</p>	<p>28 Cherry frudel pastry, mozzarella string cheese, and 100% juice.</p>	<p>29 Trix cereal bar , mozzarella string cheese, and 100% juice</p>	<p>30 Bagel with a side of cream cheese and butter, string cheese, 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)

Daily offerings  
Will include fruit  
Assorted 100% juice

