


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

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p>No hot meals will be available for remote learning due to the unknown of supervision for reheating meals.</p>	<p><u>Daily offerings</u> Will include Fresh fruit And choice of 1%white or fat free chocolate milk</p>	<p>1 Ham and cheese sub Fresh baby carrots and Fresh fruit</p>	<p>2 Pastrami and cheese wrap Cherry tomatoes and Fruit</p>
<p>5 Grilled chicken and cheese sandwich Fruit and pepper strips</p>	<p>6 Ham and cheese sub Fresh baby carrots and Fresh fruit</p>	<p>7 Turkey and cheese sandwich, Fresh fruit and celery sticks</p>	<p>8 Pastrami and cheese wrap Cherry tomatoes and Fruit</p>	<p>9 Chicken Caesar wrap Applesauce cup and Garbanzo bean salad</p>
<p>12  No school</p>	<p>13 Ham and cheese sub Fruit and baby carrots</p>	<p>14 Turkey and cheese on a roll Fruit And celery sticks</p>	<p>15 PB&J sandwich Fruit and fresh pepper strips</p>	<p>16 Chicken Caesar salad wrap Fruit and baby carrots</p>
<p>19 Grilled chicken and cheese sandwich Fruit and pepper strips</p>	<p>20 Ham and cheese sub Fruit and baby carrots</p>	<p>21 Turkey and cheese on a roll Fruit And celery sticks</p>	<p>22 PB&J sandwich Fruit and fresh pepper strips</p>	<p>23 Chicken Caesar salad wrap Fruit and baby carrots</p>
<p>26 Grilled chicken and cheese sandwich Fruit and pepper strips</p>	<p>27 Turkey and cheese sandwich Fruit and baby carrots</p>	<p>28 Pastrami and cheese wrap Cherry tomatoes and Fruit</p>	<p>29 Ham and cheese sub Fruit and baby carrots</p>	<p>30 Chicken Caesar salad wrap Fruit 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)

