

## FREE STUDENT MEALS Cairo-Durham Elementary in school Breakfast Program January 2021

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p><b>All breakfast meals will be pre-bagged and ready for students upon arrival in their classrooms for those that preorder the day before</b></p>	<p>Daily offerings <u>Will include Fresh fruit Assorted 100% juice And choice of 1%white or fat free chocolate milk</u></p>		<p>1</p> 
<p>4 Whole grain Blueberry muffin, string cheese and 100% juice</p>	<p>5 Reduced sugar Cocoa puffs, String cheese and 100% juice</p>	<p>6 V Lucky charms cereal, Mozzarella string cheese and 100% juice</p>	<p>7 Ham egg and cheese burrito, 100% juice</p>	<p>8 Bagel with a side of cream cheese and butter, string cheese and 100% juice</p>
<p>11 Reduced sugar Apple Jacks cereal, string cheese and 100% juice</p>	<p>12 Mini maple pancakes w/syrup, string cheese and 100% juice</p>	<p>13 V Golden Grahams cereal, string cheese and 100% juice</p>	<p>14 Warm Cherry Frudel pastry, mozzarella string cheese and 100% juice</p>	<p>15 Bagel with a side of cream cheese and butter, string cheese and 100% juice</p>
<p>18  NO SCHOOL</p>	<p>19 Trix cereal bar, graham crackers, string cheese and 100% juice</p>	<p>20 V Cheerios, mozzarella string cheese, and 100% juice</p>	<p>21 Whole grain Banana muffin, string cheese and 100% juice</p>	<p>22 Bagel with a side of cream cheese and butter, string cheese and 100% juice</p>
<p>25 Whole grain Blueberry muffin, string cheese and 100% juice</p>	<p>26 Reduced sugar Cocoa puffs, String cheese and 100% juice.</p>	<p>27 Reduced sugar Lucky charms, mozzarella string cheese, and 100% juice.</p>	<p>28 Cinnamon toast crunch cereal bar, graham crackers, string cheese and 100% juice.</p>	<p>29 Bagel with a side of cream cheese and butter, string cheese and 100% juice</p>

CSD is an equal opportunity provider and employer.

Any question please contact Dan Sickles (food service director) 518-622-8543x58900

Milk choices include 1% white, skim chocolate, and lactaid (lactose free)

