

FREE STUDENT MEALS Cairo-Durham Elementary in school lunch Program January 2020

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p><u>Daily offerings</u> Will include <u>Fresh fruit</u> <u>Assorted 100% juice</u> And choice of <u>1%white</u> or <u>fat free chocolate</u> milk</p>			<p style="text-align: center;">1</p> 
<p style="text-align: center;">4</p> <p>Chicken patty or PB&J sandwich or Chicken Caesar salad Side of broccoli and Fruit</p>	<p style="text-align: center;">5</p> <p>French toast sticks, syrup, sausage patty or Turkey and cheese sandwich or Chicken Caesar salad, Side of carrots and Fruit</p>	<p style="text-align: center;">6</p> <p>Nachos w/meat and cheese Or Ham and cheese sandwich Or Chicken Caesar salad. Side of corn and Fruit</p>	<p style="text-align: center;">7</p> <p>Hot dog or PB&J sandwich or Chicken Caesar salad Side of fries and fruit</p>	<p style="text-align: center;">8</p> <p>Cheese pizza or Ham and cheese sandwich or Chicken Caesar salad. Side of cucumber and fruit</p>
<p style="text-align: center;">11</p> <p>Chicken nuggets or American Cheese sandwich Or Garden Salad with Egg Side of celery sticks and fruit</p>	<p style="text-align: center;">12</p> <p>Grilled cheese and goldfish crackers or PB&J or Garden Salad with Egg Corn and a side of fruit</p>	<p style="text-align: center;">13</p> <p>V Cheeseburger and fries Or Turkey and cheese sandwich Or Garden salad w/Egg Side of applesauce and carrots</p>	<p style="text-align: center;">14</p> <p>Sweet and sour chicken w/rice Or Turkey and cheese sandwich Or Garden salad w/Egg Cucumbers and Fruit.</p>	<p style="text-align: center;">15</p> <p>Cheese pizza Or Ham and cheese sub Or Garden salad w/Egg. Side of fruit and baby carrots</p>
<p style="text-align: center;">18</p> 	<p style="text-align: center;">19</p> <p>Baked ziti, garlic bread or PB&J or Popcorn chicken Salad with cheese Corn and a side of fruit</p>	<p style="text-align: center;">20</p> <p>Chicken patty sandwich Or Turkey and cheese sandwich Or Popcorn chicken salad w/cheese Side of baby carrots and fruit</p>	<p style="text-align: center;">21</p> <p>Macaroni and cheese Or Bagel w/yogurt and string cheese Or Popcorn chicken salad w/cheese Cucumbers and Fruit</p>	<p style="text-align: center;">22</p> <p>Cheese pizza Or Ham and cheese sub Or Popcorn chicken salad w/cheese Broccoli w/cheese and Fruit</p>
<p style="text-align: center;">25</p> <p>Chicken parm sandwich Or PB&J sandwich Or Garden salad Side of cucumbers and fruit</p>	<p style="text-align: center;">26</p> <p>Cheeseburger and chips Or turkey and cheese sandwich Or garden salad Side of fruit and carrots sticks</p>	<p style="text-align: center;">27</p> <p>Italian dunkers w/sauce Or Ham and cheese sandwich Or garden salad Side of fruit and green beans</p>	<p style="text-align: center;">28</p> <p>Hot turkey and cheese or PB&J or Garden salad Side of fries and fruit</p>	<p style="text-align: center;">29</p> <p>Cheese pizza Or Ham and cheese sub Or Garden salad Broccoli w/cheese and Fruit</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)

