

FREE STUDENT MEALS Cairo-Durham HS/MS in school Breakfast Program January 2021

<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p>Fruit and vegetables may be substituted due to Availability issues</p>	<p>Daily offerings <u>Will include Fresh or cupped fruit</u> <u>And choice of 1%white or fat free chocolate milk</u></p>		<p style="text-align: center;">1</p> 
<p style="text-align: center;">4</p> <p>French toast sticks, bagels Or cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">5</p> <p>Blueberry Muffin Bagels or cereal</p> <p>String cheese and 100% juice</p>	<p style="text-align: center;">6</p> <p>V Bagel w/ cream cheese Or Double chocolate muffin String cheese and 100% juice</p>	<p style="text-align: center;">7</p> <p>Bacon, egg and cheese pizza or bagels and cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">8</p> <p>Sausage egg and cheese sandwich or Bagel</p> <p>String cheese, juice</p>
<p style="text-align: center;">11</p> <p>Waffle, bagel Or Cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">12</p> <p>Egg and cheese sandwich Or Cereal and bagels</p> <p>String cheese, juice</p>	<p style="text-align: center;">13</p> <p>V Warm apple frudel pastry, bagel Or Golden grahams cereal String cheese, juice</p>	<p style="text-align: center;">14</p> <p>Bacon, egg and cheese pizza or bagels and cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">15</p> <p>Bagel w/cream cheese Or WG blueberry muffin</p> <p>String cheese and juice</p>
<p style="text-align: center;">18</p>  <p style="text-align: center;">NO SCHOOL</p>	<p style="text-align: center;">19</p> <p>Mini maple pancakes Bagel or cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">20</p> <p>V Sausage Egg and cheese sandwich Or Bagel, cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">21</p> <p>Bacon, egg and cheese pizza or bagels and cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">22</p> <p>Bagel w/cream cheese Or Muffin, cereal</p> <p>String cheese, juice</p>
<p style="text-align: center;">25</p> <p>Waffle, bagel Or Cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">26</p> <p>Egg and cheese sandwich Or Cereal, bagel</p> <p>String cheese, juice</p>	<p style="text-align: center;">27</p> <p>French toast, bagel or cereal</p> <p>String cheese and juice</p>	<p style="text-align: center;">28</p> <p>Bacon, egg and cheese pizza or bagels and cereal</p> <p>String cheese, juice</p>	<p style="text-align: center;">29</p> <p>Bagel w/cream cheese Or Muffin, cereal</p> <p>String cheese, 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)

