

## FREE STUDENT MEALS Cairo-Durham HS/MS in school lunch 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>1</p> 
<p>4 Cheeseburger And fries or Sandwiches Or popcorn chicken salad fruit</p>	<p>5 Macho nachos, rice and carrots Sandwiches Or popcorn chicken salad Fruit</p>	<p>6 V Pulled pork sandwich Or popcorn chicken salad, sandwiches Green beans and fruit</p>	<p>7 Buffalo mozzarella sticks Or Popcorn chicken salad, sandwiches Green beans and fruit</p>	<p>8 Cheese pizza Or PB&amp;J Popcorn chicken salad, sandwiches Fruit</p>
<p>11 Fried chicken and garlic green beans Or Popcorn chicken salad, sandwiches Fruit</p>	<p>12 Chicken and cheese quesadilla Or Popcorn chicken salad, sandwiches Fruit</p>	<p>13 V Hot dog and fries Or Popcorn chicken salad Sandwiches Fruit</p>	<p>14 Turkey, mashed potato and gravy Or Popcorn chicken salad Sandwiches Fruit</p>	<p>15 Cheese pizza Or PB&amp;J Popcorn chicken salad, sandwiches Fruit</p>
<p>18</p> 	<p>19 Pulled pork on a pretzel roll, baked beans Or Popcorn chicken salad, sandwiches Fruit</p>	<p>20 V Cheeseburger And fries or Sandwiches Or popcorn chicken salad fruit</p>	<p>21 General Tso's Chicken, rice and green beans or Popcorn chicken salad, sandwiches Fruit</p>	<p>22 Cheese pizza Or PB&amp;J Popcorn chicken salad, sandwiches Fruit</p>
<p>25 Chicken parmesan wrap, carrots Or Popcorn chicken salad, sandwiches Fruit</p>	<p>26 Chicken patty, green beans or Popcorn chicken salad, sandwiches Fruit</p>	<p>27 French toast, sausage patty Or Popcorn chicken salad, sandwiches Fruit</p>	<p>28 BBQ chicken, potato salad Or Popcorn chicken salad, sandwiches Fruit</p>	<p>29 Cheese pizza Or PB&amp;J Popcorn chicken salad, sandwiches 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)

