

FREE STUDENT MEALS Cairo-Durham Remote meals Breakfast Program January 2021

No substitutions will be allowed except medical conditions with DR. Note for Allergies	All prepackaged Pastry meals(French toast, waffle, frudels) are precooked and can be either thaw and serve, microwavable, ovenable or toaster friendly.	No hot meals will be available for remote learning due to the unknown of supervision for reheating meals.		1
4 Cherry frudel pastry, mozzarella string cheese, 100% juice	5 Muffin, juice string cheese	6 V Lucky charms, String cheese and 100% juice	7 Apple Frudel pastry, mozzarella string cheese, and 100% juice	8 Bagel with a side of cream cheese and butter, string cheese and 100% juice
11 Reduced sugar Cinnamon toast crunch cereal, string cheese and 100% juice	12 Mini French toast, syrup, string cheese and 100% juice	13 V Cheerios, honey graham crackers and 100% juice	14 Mini maple waffle, syrup, Mozzarella string cheese and 100% juice	15 Bagel with a side of cream cheese and butter, string cheese and 100% juice
18 Cinnamon toast crunch cereal bar, Mozzarella string cheese and 100% juice	19 Whole grain Double chocolate chip muffin, string cheese and 100% juice	20 V Cherry frudel pastry, mozzarella string cheese and 100% juice	21 Cinnamon cream cheese stuffed bagel, mozzarella string cheese and 100% juice	22 Bagel with a side of cream cheese and butter, string cheese and 100% juice
25 Reduced sugar Apple Jacks , mozzarella string cheese and 100% juice	26 Mini French toast , syrup, mozzarella string cheese and 100% juice.	27 Golden grahams, mozzarella string cheese and 100% juice.	28 Cheerios, honey graham crackers and 100% juice	29 Bagel with a side of cream cheese and butter, string cheese and 100% juice

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)

