

FREE STUDENT MEALS Cairo-Durham HS/MS in school Breakfast Program November 2020

<p>2 Bacon, egg and cheese sandwich Or Blueberry muffin</p> <p>String cheese, juice and graham crackers</p>	<p>3 NO SCHOOL CONFERENCE DAY</p>	<p>4 Sausage and egg sandwich Or Cereal</p> <p>String cheese and juice</p>	<p>5 Sausage egg and cheese sandwich Or Blueberry muffin</p> <p>String cheese, juice and graham crackers</p>	<p>6 Sausage egg and cheese sandwich Or Blueberry muffin</p> <p>String cheese, juice and graham crackers</p>
<p>9 Mini Maple pancakes Or Cocoa puffs cereal</p> <p>String cheese, juice and graham crackers</p>	<p>10 Mini Maple pancakes Or Cocoa puffs cereal</p> <p>String cheese, juice and graham crackers</p>	<p>11 </p>	<p>12 Bacon, egg and cheese pizza Or Double chocolate muffin</p> <p>String cheese, graham crackers and juice</p>	<p>13 Bacon, egg and cheese pizza Or Double chocolate muffin</p> <p>String cheese, graham crackers and juice</p>
<p>16 Sausage and pancake on a stick (Jiffy) Or Cinnamon toast crunch cereal</p> <p>String cheese, juice and Graham crackers</p>	<p>17 Sausage and pancake on a stick (Jiffy) Or Cinnamon toast crunch cereal</p> <p>String cheese, juice and Graham crackers</p>	<p>18 French toast sticks Or Cereal</p> <p>String cheese, juice and graham crackers</p>	<p>19 Bagel w/cream cheese Or Blueberry waffle</p> <p>String cheese, juice and Graham crackers</p>	<p>20 Bagel w/cream cheese Or Blueberry waffle</p> <p>String cheese, juice and Graham crackers</p>
<p>23 Bacon, egg and cheese pizza Or Bagel w/cream cheese graham crackers and juice</p>	<p>24 Bacon, egg and cheese pizza Or Bagel w/cream cheese graham crackers and juice</p>	<p>25 </p>	<p>26 </p>	<p>27 </p>
<p>30 Egg and cheese sandwich Or Golden grahams cereal</p> <p>String cheese, juice and Graham crackers</p>		<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</p>	<p><u>Daily offerings</u> <u>Will include Fresh or cupped fruit</u> <u>And choice of 1%white or fat free chocolate milk</u></p>	<p>Fruit and vegetables may be substituted due to Availability issues</p>

Cairo-Durham CSD is an equal opportunity provider and employer.

Any questions, please contact Dan Sickles (Food Service Director) 518-622-8543 x58900

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

