

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

<p><b>2</b> Cheeseburger and fries or Buffalo chicken wrap Or Popcorn chicken salad Cucumbers and banana</p>	<p><b>3</b> <b>NO SCHOOL CONFERENCE DAY</b></p>	<p><b>4</b> Chicken cheese steak sub Or Pizza  Sweet corn and apples</p>	<p><b>5</b> Cheese pizza Or PB&amp;J Or Garden salad Mixed fruit cup and pepper strips</p>	<p><b>6</b> Cheese pizza Or PB&amp;J Or Garden salad Mixed fruit cup and pepper strips</p>
<p><b>9</b> Pasta with meat sauce Garlic bread or Sandwiches or Chef salad celery sticks and apple</p>	<p><b>10</b> Pasta with meat sauce Garlic bread or Sandwiches or Chef salad celery sticks and apple</p>	<p><b>11</b>  THANK YOU VETERANS <small>Women By November 11</small></p>	<p><b>12</b> Cheese pizza Or Sandwiches Or Garden salad Mixed fruit cup and pepper strips</p>	<p><b>13</b> Cheese pizza Or Sandwiches Or Garden salad Mixed fruit cup and pepper strips</p>
<p><b>16</b> Chicken parmesan wrap Or BBQ chicken Green beans and grapes</p>	<p><b>17</b> Chicken parmesan wrap Or BBQ chicken Green beans and grapes</p>	<p><b>18</b> French toast sticks, sausage patty Or Popcorn chicken salad PB&amp;J Baby carrots and banana</p>	<p><b>19</b> Turkey, mashed potatoes, gravy and corn Or Pizza Or Popcorn chicken salad  fruit cup and cucumbers</p>	<p><b>20</b> Turkey, mashed potatoes, gravy and corn Or Pizza Or Popcorn chicken salad  fruit cup and cucumbers</p>
<p><b>23</b> Chicken patty Or Pizza Or mixed green salad w/cheese  Green beans and oranges</p>	<p><b>24</b> Chicken patty Or Pizza Or mixed green salad w/cheese  Green beans and oranges</p>	<p><b>25</b> </p>	<p><b>26</b>  Happy thanksgiving</p>	<p><b>27</b> </p>
<p><b>30</b> Buffalo chicken wrap Or Chicken nuggets Or Chef salad  Baby carrots and Apple</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><b>Fruit and vegetables may be substituted due to availability issues</b></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)

