

FREE STUDENT MEALS Cairo-Durham Elementary in school Breakfast Program November 2020

2 Whole grain Blueberry muffin, string cheese, graham crackers and 100% juice	3 NO SCHOOL CONFERENCE DAY	4 Cinnamon Cream cheese stuffed bagel graham crackers and 100% juice	5 Cheerios, Mozzarella string cheese, graham crackers and 100% juice	6 Bagel with a side of cream cheese and butter, string cheese, graham crackers and 100% juice
9 Whole grain Blueberry muffin, string cheese, graham crackers and 100% juice	10 Reduced sugar Cocoa puff cereal, Mozzarella string cheese, graham crackers and 100% juice	11 	12 Warm Cherry Frudel pastry, mozzarella string cheese and 100% juice	13 Bagel with a side of cream cheese and butter, string cheese, graham crackers and 100% juice
16 Lucky charms cereal, Mozzarella string cheese, graham crackers and 100% juice	17 Ham, egg and cheese burrito, string cheese, graham crackers and 100% juice	18 Reduced sugar Cinnamon toast crunch, mozzarella string cheese, graham crackers and 100% juice	19 Cheerios, Mozzarella string cheese, graham crackers and 100% juice	20 Bagel with a side of cream cheese and butter, string cheese, graham crackers and 100% juice
23 Lucky charms cereal, Mozzarella string cheese, graham crackers and 100% juice	24 Warm Cherry Frudel pastry, mozzarella string cheese and 100% juice	25 	26 	27 
30 Golden grahams cereal, mozzarella string cheese and 100% juice		<u>Daily offerings</u> <u>Will include</u> <u>Assorted 100% juice</u> <u>And choice of 1%white or fat free chocolate milk</u>	All breakfast meals will be pre-bagged and ready for students upon arrival in their classrooms for those that preorder the day before.	No substitutions will be allowed except medical conditions with DR. Note for Allergies

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)

