

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

<p>2 Macho Nacho Or Ham and cheese sandwich, chicken Caesar salad Carrots and fruit</p>	<p>3 NO SCHOOL SUPERINTENDENT CONFERENCE DAY</p>	<p>4 Grilled cheese and tomato soup Or PB&J Caesar salad Corn and banana</p>	<p>5 Chicken nuggets and fries Or Cereal fun lunch or mixed green salad Side of cucumbers and fruit</p>	<p>6 Cheese pizza or Ham and cheese sandwich Or Mixed green salad Fruit and baby carrots</p>
<p>9 Cheeseburger and fries or Muffin and goldfish fun lunch or Mixed green salad w/cheese. Fruit cup and celery sticks</p>	<p>10 Macaroni and cheese garlic bread Or Ham and cheese sub or mixed green Salad Side of carrots and orange wedges</p>	<p>11  THANK YOU VETERANS Veterans Day - November 11</p>	<p>12 Italian dunkers w/sauce or Lucky charms cereal fun lunch Mixed green salad w/cheese Side of cherry tomatoes and a fruit cup</p>	<p>13 Cheese pizza or Turkey and cheese sandwich or Chicken Caesar salad. Side of cucumber and orange wedges</p>
<p>16 Macaroni and cheese with green beans or Blueberry muffin fun lunch or Mixed green salad Side of celery sticks and an apple</p>	<p>17 Chicken patty Or Ham and cheese sub Or Salad w/cheese Side of baby carrots and apple</p>	<p>18 Mozzarella sticks w/sauce or Ham and cheese sub Or Mixed green salad Side of cucumber slices and a banana</p>	<p>19 Jiffy (pancake and sausage on a stick) Hash brown patty or Bagel fun lunch Mixed green salad w/cheese Grapes and carrots</p>	<p>20 Cheese pizza or Turkey and cheese sandwich Or Salad w/cheese Side of fruit and cucumbers.</p>
<p>23 Cheese pizza Or Turkey and cheese sub Or Mixed green salad Side of fruit and baby carrots</p>	<p>24 Chicken patty sandwich Or PB&J Or Mixed green salad Side of carrots and orange wedges</p>	<p>25 </p>	<p>26 </p>	<p>27 </p>
<p>30 Cheeseburger and fries or PB&J or Mixed green salad w/cheese. Fruit cup and celery sticks</p>		<p>Substitutions may occur due to product availability</p>	<p>Daily offerings Will include Fresh fruit Assorted 100% juice And choice of 1%white or fat free chocolate milk</p>	<p>No substitutions will be allowed except medical conditions with DR. Note for Allergies</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)

