
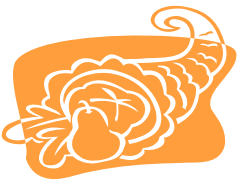




FREE STUDENT MEALS Cairo-Durham Remote meals Breakfast Program
November 2020

2 Cheerios, honey graham crackers, fruit and 100% juice	3 NO SCHOOL Conference day	4 Cherry frudel pastry, mozzarella string cheese, and 100% juice	5 Bagel with a side of cream cheese and butter, string cheese, and 100% juice	6 Cinnamon cream cheese stuffed bagel, mozzarella string cheese, and 100% juice
9 Cinnamon toast crunch bar , mozzarella string cheese, and 100% juice	10 Cocoa puffs, string cheese and 100% juice	11 	12 Mini maple waffle, syrup, Mozzarella string cheese, and 100% juice	13 Bagel with a side of cream cheese and butter, string cheese, and 100% juice
16 Apple Frudel pastry, mozzarella string cheese, and 100% juice	17 Blueberry muffin, Mozzarella string cheese, and 100% juice	18 Cheerios, honey graham crackers, fruit and 100% juice	19 Mini maple waffle, syrup, Mozzarella string cheese, and 100% juice	20 Bagel with a side of cream cheese and butter, string cheese, and 100% juice
23 Apple Frudel pastry, mozzarella string cheese, and 100% juice	24 Whole grain Double chocolate chip muffin, string cheese and 100% juice	25 	26 	27 
30 Cinnamon toast crunch bar , mozzarella string cheese, and 100% juice		No hot meals will be available for remote learning due to the unknown of supervision for reheating meals.	All prepackaged Pastry meals(French toast, waffle, frudels) are precooked and can be either thaw and serve, microwavable, ovenable or toaster friendly.	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)

Daily offerings
Will include fruit
Assorted 100% juice

