

FREE STUDENT MEALS Cairo-Durham HS/MS remote lunch Program
November 2020

2 Grilled chicken and cheese sandwich Fruit and pepper strips	3 NO SCHOOL CONFERENCE DAY	4 PB&J sandwich Fruit and fresh pepper strips.	5 Ham and cheese sub Fresh baby carrots and Fresh fruit	6 Pastrami and cheese wrap Cherry tomatoes and Fruit
9 PB&J sandwich Fruit and fresh pepper strips.	10 Ham and cheese sub Fresh baby carrots and Fresh fruit	11 	12 Pastrami and cheese wrap Cherry tomatoes and Fruit	13 Chicken Caesar wrap Applesauce cup and Garbanzo bean salad
16 Cheese sandwich, fruit and tomatoes	17 Ham and cheese sub Fruit and baby carrots	18 Turkey and cheese on a roll Fruit And celery sticks	19 PB&J sandwich Fruit and fresh pepper strips.	20 Chicken Caesar wrap Fruit and baby carrots
23 Grilled chicken and cheese sandwich Fruit and pepper strips	24 Ham and cheese sub Fruit and baby carrots	25 	26 	27 
30 Cheese sandwich, fruit and tomatoes	NO MEALS WILL BE DELIVERED FOR DAYS SCHOOL IS CLOSED DUE TO HOLIDAYS OR CONFERENCE DAYS	No substitutions will be allowed except medical conditions with DR. Note for Allergies	No hot meals will be available for remote learning due to the unknown of supervision for reheating meals.	<u>Daily offerings</u> <u>Will include Fresh fruit</u> <u>And choice of 1%white or fat free chocolate milk</u>

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)

