



Cairo Durham MS/HS: November 2-6 LUNCH MENU \$2.00 Reduced \$0.25

Monday	Tuesday	Wednesday	Thursday	Friday
CREATE				
Italian Beef Hoagie 3 Bean Salad Broccoli	Fajita Chicken Cilantro Lime Roasted Vegetables Brown Rice Tzatziki Sauce	Macaroni & Cheese Diced Ham Fresh Baked Biscuit Saesoned Broccoli	Buffalo Popcorn Chicken Cuban Yellow Rice Blue Cheese Dressing Carrots and Celery Sticks	Turkey Macho Nachos Jalapenos Romaine Tomato and Cheddar Garnish
GRILL				
Ham & Cheese Bagel PANINI	Turkey & Ham PANINI with Teriyaki	Turkey & Cheddar PANINI Marinara DIP	Grilled Cheese PANINI Tomato Soup	CUBAN PANINI
Crispy Breaded Chicken Sandwiches Daily				
2MATO				
Green Pepper & Mushroom	Classic Pepperoni Pizza	Broccoli & Cheese	Buffalo Chicken	Veggies Lovers
Cheese Pizza Daily				
SO DELI				
	Buffalo Chicken Salad Sandwich	Italian Mix Sub	Turkey BLT	Sunbutter & Jelly
OUTTAKES				
Crispy Chicken & Garden Salad Available DAILY! Salad of the Week: Chicken with Walnuts & Cranberries				
Apple Cinnamon Cruch Parfait	Apple Cinnamon Cruch Parfait	Apple Cinnamon Cruch Parfait	Apple Cinnamon Cruch Parfait	Apple Cinnamon Cruch Parfait
EXTRA EXTRA				
Carrot Sticks	Chickpea's	Cucumber Slices	Tomato & Mozz Salad	Carrot Sticks
Coleslaw	Celery Sticks	Strawberry & Banana	Fresh Pepper Strips	Chopped Veggies
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit


MONTHLY FOOD FOCUS: November's focus is **Dried Fruit**. Dried fruits are sweet and chewy and can be found in most grocery stores near the produce aisle. They have many of the same benefits as fresh fruit - including vitalmins, minerals and fiber. We should eat about 1-1/2 cups of a variety a fruit each day. Remember: Just a 1/4 cup of dried fruit equals 1/2 a cup of fruit. Riddle: What's sweet and chewy, grows on a tree, is an excellent source of Vitamin A and has a pit? (Answer: An Apricot)

Questions: Jill C Enides Food Service Director 518 622 8543 x58900

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Cairo Durham MS/HS: November 9-13 Student Price \$2.00 Reduced \$0.25

Monday	Tuesday	Wednesday	Thursday	Friday
CREATE				
Beef Stroganoff	Sweet & Sour Chicken	CLOSED Veteran's Day  Veterans Day	Whole Grain Pancakes	Fajita Marinated Chicken
Broccoli	Veggie Brown Rice		Sausage Patties	WG Tortilla
Carrots	Savory Green Beans		Hash Brown	Spicy Black Beans
Dinner Roll	Fortune Cookie		Warm Blueberry Topping	Sautéed Bell Peppers and Onions Shredded Cheddar Cheese
GRILL				
Ham & Cheese PANINI	Turkey & Ham PANINI with Teriyaki		Grilled Cheese Paanini Tomato Soup	CUBAN PANINI
Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Green Pepper & Mushroom	Classic Pepperoni Pizza		Buffalo Chicken	Veggie Lovers
Cheese Pizza Daily				
SO DELI				
	Buffalo Chicken Salad		Turkey BLT	Sunbutter & Jelly
OUTAKES				
Chicken Caesar Salad Strawberry Parfait with Granola	Chicken Caesar Salad Strawberry Parfait with Granola		Chicken Caesar Salad Strawberry Parfait with Granola	Chicken Caesar Salad Strawberry Parfait with Granola
EVERY DAY: Crispy Chicken or Garden Salad. Salads offered with two dinner rolls				
EXTRA EXTRA				
Carrot Sticks	Chickpeas		Tomato & Mozz Salad	Carrot Sticks
Coleslaw	Celery Sticks		Fresh Pepper Strips	Chopped Veggie Salad
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit		Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit

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Questions

Jill C Enides

Food Service Director

518 622 8110

x58900



Cairo Durham MS/HS: Nov 16-20 Student Price \$2.00 Reduced \$0.25

Monday	Tuesday	Wednesday	Thursday	Friday
CREATE				
Goulash	BBQ Pulled Chicken	Cheeseburger	Pancakes	Turkey Dinner
WG Dinner Roll	WG Hoagie	French Fries	Sausage Patty	Sage Stuffing
Seasoned Peas	Green Beans	Coleslaw	Hash Brown Blueberry Crunch	Corn Cranberry sauce
	Warm Baked Apple Slices			PUMPKIN PIE
GRILL				
Ham & Cheese Bagel PANINI	Turkey & Ham PANINI	Turkey & Cheddar PANINI	Grilled Cheese PANINI	CUBAN PANINI
	with Teriyaki	Marinara DIP	Tomato Soup	
Crispy Breaded Chicken Sandwiches Daily				
2 Mato				
Green Pepper & Mushroom	Classic Pepperoni Pizza	Broccoli Cheese Pizza	Buffalo Chicken	Veggies Lover
Cheese Pizza Daily				
SO DELI				
	Buffalo Chicken Salad	Italian Mix Sub	Turkey BLT	Sunbutter & Jelly
OUTTAKES				
Chicken Taco Salad	Chicken Taco Salad	Chicken Taco Salad	Chiicken Taco Salad	Chicken Taco Salad
Apple Cinnamon Crunch	Apple Cinnamon Crunch	Apple Cinnamon Crunch	Apple Cinnamon Crunch	Apple Cinnamon Crunch
Parfait	Parfait	Parfait	Parfait	Parfait
EXTRA EXTRA				
Carrot Sticks	Chickpeas	Cucumber Slices	Tomato Mozz Salad	Carrot Sticks
Coleslaw	Celery Sticks	Strawberry & Banana's	Fresh Pepper Strips	Veggie Salad
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit

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Questions: Jill C Enides Food Service Director 518 622 8543 x58900
Director

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Cairo Durham MS/HS Nov 23-27 Student Price \$2.00 Reduced \$0.25

Monday	Tuesday	Wednesday	Thursday	Friday
PLAY BOWL				
Mashed Potato & POPCORN Chicken Bowl Seasoned Golden Corn Whole Grain Dinner Roll Fresh Parsley	Pizza Party Assorted Topping Broccoli Carrots	Closed	Thanksgiving	
GRILL'D				
Ham & Cheese PANINI	Grilled Cheese			
Crispy Breaded Chicken Sandwiches Daily				
PIZZA! PIZZA!				
Buffalo Chicken	Classic Pepperoni Pizza			
Cheese Pizza Daily				
SO DELI				
	Ham & Cheese Hoagie			
OUTTAKES				
Crispy Chicken Peachy Parfait with Granola	Garden Salad Peachy Parfait with Granola			
EXTRA EXTRA				
Carrot Sticks	Strawberry & Banana			
Garden Salad	Sliced Tomatoes			
Fresh Whole Fruit Assorted Chilled Fruit	Fresh Whole Fruit Assorted Chilled Fruit			

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Questions:

Jill C Enides

Food Service
Director

518 622 8543

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CD Elementary : November LUNCH MENU Student Price \$2.00 Reduced \$0.25

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Garlic Bun Green Beans	Cheeseburger French Fries Coleslaw	Chicken & Cheese Quesadilla Rice & Beans Mexicali Corn	DELI DAY Ham or Turkey SUB Oven Baked Lays Lettuce, Tomato & Onion	Pepperoni PIZZA Colorful Tossed Salad
Week 1: Mini Bagel FUN LUNCH				
9	10	11	12	13
Meatballs in Zesty Marinara Whole Grain Rotini Savory Green Beans	Sweet and Sour Chicken Steamed Brown Rice Seasoned Broccoli	CLOSED Veteran's Day 	Macho Nachos Tortilla Chips Lettuce, Tomato & Cheddar Salsa	Sausage PIZZA Colorful Tossed Salad
Week 2: Blueberry Muffin FUN LUNCH				
16	17	18	19	early dismissal 20
Chicken Nuggets Cinnamon Breadstick Peas & Carrots	Macaroni and Cheese Diced Ham Dinner Roll Green Beans	Beef & Gravy Buttery Rotini Corn	Cheese Sticks with Marinara Sauce Seasoned Broccoli	Pepperoni Pizza Colorful Tossed Salad
Week 3: Nachos Fun Lunch				
early dismissal 23	24	25	26	27
French Toast Sticks Sausage Patty Hash Brown 100% Fruit Juice	Hot Turkey Dinner Mashed Potatoes & Gravy Corn, Dinner Roll PUMPKIN PIE	Closed	Closed Happy Thanksgiving 	
Week 4: Yogurt & Cheese FUN LUNCH				
Chicken Nuggets Bread & Butter Green Beans				
Choose With Any Meal!				
Garden Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Celery Sticks Coleslaw Assorted Fresh Fruit Assorted Chilled Fruit	Garden Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit	Tomato Mozz Salad Cucumber Slices Assorted Fresh Fruit Assorted Chilled Fruit	Garden Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit
Weekly Alternate Meals				
Ham & Cheese Sandwich	Ham & Turkey Chef Salad	Sunbutter & Grape Jelly Sandwich	Turkey & Cheese Sandwich	Tuna Sandwich
Questions:	Jill C Enides	Food Service Director	518 622 8543	x58900