



FREE STUDENT MEALS Cairo-Durham Lunch Program April 2017

Daily offerings WG chicken patty WG pizza Deli bar Fresh Salads Yogurt	<u>Pasta offered</u> daily at <u>Elementary</u> <u>School</u>			
3 Cheeseburger Tater tots Steamed corn 100%fruit juice	4 Cheesy chicken and rice casserole Steamed broccoli Refried beans	5 Macho Nachos Roasted corn Beans	6 Chicken quesadilla Steamed rice Red pepper strips	7 Baked ziti Green beans Garlic bread 100% fruit juicie
ALTERNATE: Bagel fun lunch (WW bagel, cream cheese and a yogurt) chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)				
10 Italian dunkers w/sauce Steamed carrots 100% juice	11 Sloppy Joe sandwich Cheesy broccoli	12 Chicken and cheese quesadilla Cilantro lime rice Green beans	13 French toast sticks Turkey sausage links melon	14
ALTERNATE: Cereal Fun lunch (cereal, yogurt and a cheese stick) chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celerv sticks)				
17 Vacation	18 Vacation	19 Vacation	20 Popcorn chicken and pasta Creamy spinach	21 Philly Cheesesteak Steamed corn fries 100% juice
ALTERNATE: Cereal Fun lunch (cereal, yogurt and a cheese stick) chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)				
24 Chicken and cheese flatbread Ranch sweet corn 100% juice	25 Macho nachos Seasoned rice Green peas	26 French toast sticks Turkey sausage Home fries 100%juice	27 Fajita chicken and rice Seasoned carrot coins	28 Sweet and sour chicken Oriental veggies Fortune cookie
ALTERNATE: Bagel fun lunch (WW bagel, cream cheese and a yogurt) chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)				

Cairo-Durham CSD is an equal opportunity provider and employer.

Any questions, please contact Dan Sickles (Food Service Director) at 518-622-8543, x58900

A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dish, and a choice of milk. Milk choices include 1% white, skim chocolate, lactaid and skim white

