



**FREE STUDENT MEALS** Cairo-Durham Breakfast Program December 2017

<p><b>Daily offerings</b>  <b>Fresh fruit</b>  <b>Assorted Cereal</b>  <b>Bagels</b>  <b>Assorted Yogurt</b>  <b>Assorted 100% juice</b></p>	<p><u>WG=whole grain</u>   <u>*pork product</u></p>			<p>1          *Sausage egg and cheese sandwich or WG chocolate chip muffins(2)</p>
<p>4          Bacon egg and cheese sandwich or WG pancakes</p>	<p>5          *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>6          WG waffles Or Smoothie, Bagel or Cereal</p>	<p>7          French toast Or Blueberry muffins</p>	<p>8          *Sausage egg and cheese sandwich or WG chocolate chip muffins(2)</p>
<p>11          Bacon egg and cheese sandwich or WG pancakes</p>	<p>12          *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>13          WG waffles Or Smoothie, Bagel or Cereal</p>	<p>14          French toast Or Blueberry muffins</p>	<p>15          *Sausage egg and cheese sandwich or WG chocolate chip muffins(2)</p>
<p>18          Bacon egg and cheese sandwich or WG pancakes</p>	<p>19          *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>20          WG waffles Or Smoothie, Bagel or Cereal</p>	<p>21          French toast Or Blueberry muffins</p>	<p>22          *Sausage egg and cheese sandwich or WG chocolate chip muffins(2)</p>
				

Cairo-Durham CSD is an equal opportunity provider and employer.  
 Any questions please contact Dan Sickles (Food Service Director) at 518-622-8543, x58900  
 Milk choices include 1% white, skim chocolate, lactaid and skim white

