








FREE STUDENT MEALS Cairo-Durham Lunch Program December 2017

<p>Pasta offered daily at Elementary School</p>	<p>Daily offerings WG chicken patty Pizza Deli bar Fresh Salads Yogurt</p>		<p>Dec 11 Lucky tray day All cafeterias will have 3 trays with sticker on bottom. Whoever gets it</p>	<p>1 Cheeseburger Potato chips 100% juice apples</p>
<p>ALTERNATE: Muffin fun lunch (muffin, cheese stick and a yogurt and goldfish), chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)</p>				
<p>4 Chicken and cheese quesadilla Rice and black beans Oranges National cookie day!</p>	<p>5 Macho Nachos Steamed rice Refried beans Fresh apples</p>	<p>6 Chicken tenders Macaroni and cheese Dinner roll Grapes</p>	<p>7 (Jiffy)Pancake and sausage on a stick Hash brown patty Melon, juice</p>	<p>8 Roasted BBQ chicken Homemade cornbread, baked beans, Bananas</p>
<p>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)</p>				
<p>11 V Macaroni and cheese, green beans dinner roll Apples Lucky tray day</p>	<p>12 Hot dog Fries baked beans oranges</p>	<p>13 V Turkey dinner Mashed potato, gravy Corn, apples Dinner roll</p>	<p>14 Italian Dunkers w/sauce Carrots 100% Juice</p>	<p>15 Baked Ziti Broccoli w/ cheese sauce Dinner roll, Grapes</p>
<p>ALTERNATE: Muffin fun lunch (Muffin, cheesestick, goldfish 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)</p>				
<p>18 Chicken Parmesan sandwich Butter pasta Green beans, bananas</p>	<p>19 Open faced turkey sandwich Mashed potato, gravy and corn, Apples</p>	<p>20 Pasta with meat sauce, dinner roll and green beans Oranges</p>	<p>21 General Tso's Chicken, Fried rice, peas and carrots, fortune cookie melon</p>	<p>22 French toast, sausage patty 100% Juice</p>
<p>25 HAPPY HOLIDAYS!!</p>	<p>26  WINTER BREAK</p>	<p>27 </p>	<p>28 </p>	<p>29 </p>

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, vegetable side dish, fruit side dish, and a choice of milk.

Milk choices include 1% white, skim chocolate, lactaid and skim white V= vegetarian FUN LUNCH ONLY AT ELEMETARY

