





FREE STUDENT MEALS Cairo-Durham Lunch Program January 2018

<p>Happy NEW Years</p> 	<p>2 Grilled Cheese Tomato soup Sweet corn oranges</p>	<p>3 Cheeseburger Tater tots Seasoned green beans Bananas</p>	<p>4 Cheese calzone Baked beans Broccoli w/cheese grapes</p>	<p>5 Pasta with meat sauce Garlic bread Roasted carrot coins 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>8 Chicken tenders Tater tots Buttered green beans Oranges</p>	<p>9 Macho Nachos Steamed rice Refried beans Fresh apples</p>	<p>10 V French toast sticks Turkey sausage patty Grapes</p>	<p>11 BBQ Chicken and cheese sandwich Macaroni and cheese, Broccoli, melon</p>	<p>12 Baked ziti Garlic bread Roasted corn 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>15</p> 	<p>16 Taco Tuesday Cheddar cheese Brown rice Refried beans Apples</p>	<p>17 V Macaroni and cheese Tender green beans Dinner roll Oranges</p>	<p>18 General TSO's chicken Rice, peas and carrots, bananas</p>	<p>19 Turkey and cheese flatbread Fries Black beans, melon</p>
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<p>22 Cheeseburger French fries 100% Juice Apples</p>	<p>23 Chicken and rice casserole Broccoli, garlic bread bananas</p>	<p>24 Scrambled eggs Hash brown patty Turkey sausage Grapes</p>	<p>25 Chicken nuggets Roasted corn Fresh melon</p>	<p>26 Macaroni and cheese, green beans and oranges</p>
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<p>29 Chicken and mashed potato bowl Tender peas Bananas</p>	<p>30 Chili cheese dog Sweet potato fries Carrots, grapes</p>	<p>31 BBQ chicken Cornbread Baked beans, apples</p>	<p>Daily offerings WG chicken patty Pizza Deli bar Fresh Salads Yogurt</p>	<p>Pasta offered daily at Elementary School</p>

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

Any question 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

