



FREE STUDENT MEALS Cairo-Durham Breakfast Program March 2017

Daily offerings Fresh fruit Assorted Cereal Bagels Assorted Yogurt Assorted 100% juice Granola bar	WG=whole grain	1 Jiffy (sausage pancake wrap) or Blueberry parfait or Bagel w/cream cheese	2 Ham egg and cheese bagel or Food court Smoothie Cheese stick	3 French toast sticks Bagel w/cream cheese Whole grain blueberry muffins
6 Whole grain waffles or WG Blueberry muffins(2)	7 Bacon egg and cheese WG bagel Strawberry mini pancakes	8 Jiffy (sausage pancake wrap) or Blueberry parfait or Bagel w/cream cheese	9 Ham egg and cheese bagel or Food court Smoothie Cheese stick	10 French toast sticks Bagel w/cream cheese WG blueberry muffins(2)
13 Whole grain waffles or WG Blueberry muffins(2)	14 Bacon egg and cheese WG bagel Strawberry mini pancakes	15 Jiffy (sausage pancake wrap) or Blueberry parfait or Bagel w/cream cheese	16 Ham egg and cheese bagel or Food court Smoothie Cheese stick	17 French toast sticks Bagel w/cream cheese WG blueberry muffins(2)
20 Whole grain waffles or WG Blueberry muffins(2)	21 Bacon egg and cheese WG bagel Strawberry mini pancakes	22 Jiffy (sausage pancake wrap) or Blueberry parfait or Bagel w/cream cheese	23 Ham egg and cheese bagel or Food court Smoothie Cheese stick	24 French toast sticks Bagel w/cream cheese WG blueberry muffins(2)
27 Whole grain waffles or WG Blueberry muffins(2)	28 Bacon egg and cheese WG bagel Strawberry mini pancakes	29 Jiffy (sausage pancake wrap) or Blueberry parfait or Bagel w/cream cheese	30 Ham egg and cheese bagel or Food court Smoothie Cheese stick	31 French toast sticks Bagel w/cream cheese WG blueberry muffins(2)

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

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

