




FREE STUDENT MEALS Cairo-Durham Breakfast Program March 2018

<p>Daily offerings <u>Fresh fruit</u> <u>Assorted Cereal</u> <u>Bagels</u> <u>Assorted Yogurt</u> <u>Assorted 100% juice</u></p>	<p><u>WG=whole grain</u> <u>*pork product</u></p>		<p>1 French toast Or Blueberry muffins</p>	<p>2 *Sausage egg and cheese sandwich or WG chocolate chip muffins (2)</p>
<p>5 *Bacon egg and cheese sandwich or WG pancakes</p>	<p>6 French toast Or Blueberry muffins</p>	<p>7 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>8 *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>9 *Sausage egg and cheese sandwich or WG chocolate chip muffins (2)</p>
<p>12 *Bacon egg and cheese sandwich or WG pancakes</p>	<p>13 French toast Or Blueberry muffins</p>	<p>14 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>15 *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>16 *Sausage egg and cheese sandwich or WG chocolate chip muffins (2)</p>
<p>19 *Bacon egg and cheese sandwich or WG pancakes</p>	<p>20 French toast Or Blueberry muffins</p>	<p>21 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>22 *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>23 *Sausage egg and cheese sandwich or WG chocolate chip muffins (2)</p>
<p>26 *Bacon egg and cheese sandwich or WG pancakes</p>	<p>27 French toast Or Blueberry muffins</p>	<p>28 WG waffles Or Smoothie, Bagel or Cereal</p>	<p>29 *Jiffy (sausage pancake wrap) or Egg and cheese burrito</p>	<p>30 Superintendent's conference day</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

