




FREE STUDENT MEALS Cairo-Durham Lunch Program March 2018

| | | | | |
|--|---|---|---|--|
| <p>Daily offerings WG chicken patty Pizza Deli bar Fresh Salads Yogurt</p> | <p><u>Pasta offered daily at Elementary School</u></p> |  | <p>1 V Macho nachos Steamed brown rice Beans, oranges</p> | <p>2 V Macaroni and cheese, Buttered green beans 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>5 Open turkey sandwich, mashed potatoes Steamed seasoned carrots, grapes</p> | <p>6 V Baked mozzarella cheese sticks w/ sauce, green beans Fresh apples</p> | <p>7 General tso's chicken, lo mein noodles, tender peas bananas</p> | <p>8 Chicken nuggets Broccoli w/ cheese sauce, melon</p> | <p>9 V Pasta with homemade meatballs, corn oranges</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>12 Cheeseburger Tater tots Grapes</p> | <p>13 <u>National chicken noodle soup day</u> Crackers and flatbread Apples</p> | <p>14 Hot turkey and cheese sub, Tostitos chips and carrots bananas</p> | <p>15 Corned beef and Cabbage, red potatoes, broccoli, oranges</p> | <p>16 Chicken tenders, mashed potatoes and corn melon</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>19 Turkey, mashed potatoes and gravy, green beans apples</p> | <p>20 V Macho nacho Brown rice, salsa, baked beans bananas</p> | <p>21 V Pasta with meat sauce, carrots, dinner roll and melon</p> | <p>22 Chicken nuggets, macaroni and cheese, broccoli oranges</p> | <p>23 V Grilled cheese and tomato soup, roasted corn Fresh fruit</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>26 Chicken and mashed potato bowl Tender peas Bananas</p> | <p>27 Sweet and sour chicken, rice and fortune cookie oranges</p> | <p>28 Homemade meatball sub, gingered carrots, apples</p> | <p>29 V Mozzarella cheese sticks, roasted corn and 100% juice</p> | <p>30 Superintendent's conference day</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

