






FREE STUDENT MEALS Cairo-Durham Lunch Program November 2018

<p>Daily offerings WG chicken patty Pizza Deli bar Daily in HS Fresh Salads Yogurt Pasta offered at Elementary daily</p>	<p>LUCKY TRAY DAY ON 11/15 LOOK FOR A "YOU WIN" STICKER ON YOUR LUNCH TRAY FOR A FREE ICE CREAM OR SNACK</p>		<p>1 Macaroni and cheese with savory green beans Apples</p>	<p>2 V Egg and cheese burrito, hash brown patty and sausage Bananas</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)</p>				
<p>5 Hog dog and French fries with broccoli oranges</p>	<p>6 Superintendent's Conference Day NO SCHOOL</p>	<p>7 Brooklyn pepperoni flatbread, corn melon</p>	<p>8 Baked ziti, brussels sprouts, garlic bread Apples</p>	<p>9 Chicken Fajita wrap, cheddar cheese, green beans Bananas</p>
<p>ALTERNATE: Bagel Fun lunch (bagel, cream cheese 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  THANK YOU VETERANS <small>Veterans Day - November 11</small></p>	<p>13 Mozzarella sticks w/ sauce and garlic green beans Apples</p>	<p>14 V Chicken pot pie, seasoned carrots and pear cranberry salad, bananas</p>	<p>15 Chicken alfredo, garlic bread and broccoli oranges LUCKY TRAY DAY!!!</p>	<p>16 Cheeseburger and fries, 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 V Roasted turkey and mashed potatoes, gravy and green beans apples</p>	<p>20 V Chicken parmesan, farfalle pasta, roasted corn bananas</p>	<p>21 Superintendent's Conference Day NO SCHOOL</p>	<p>22  HAPPY THANKSGIVING</p>	<p>23 </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 Soft taco, cilantro black beans and rice bananas</p>	<p>27 Italian dunkers w/sauce and sweet and spicy green beans Grapes</p>	<p>28 Sweet and sour chicken with lo mein noodles Apples</p>	<p>29 Beef and bean chili w/cheddar cheese, garlic bread and broccoli oranges</p>	<p>30 Cheeseburger and sweet potato fries Seasoned corn bananas</p>

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

Any question please contact Dan Sickles (Food Service Director) at 518-622-8534, 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 ELEMENTARY

