



## FREE STUDENT MEALS Cairo-Durham Lunch Program October 2018

<u>1</u> Macaroni and cheese with garlic buttered green beans Oranges	<u>2</u> Roasted turkey with gravy, mashed potatoes and corn Apples	<u>3</u> Baked Ziti and season peas with garlic bread Melon	<u>4</u> Nachos and refried beans Apples	<u>5</u> V BBQ chicken and cheddar Flatbread with Cheesy broccoli Bananas
<b>ALTERNATE:</b> 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)				
<u>8</u> <b>COLUMBUS DAY</b> <b>NO SCHOOL</b>	<u>9</u> Cheddar chicken and rice casserole and seasoned broccoli Grapes	<u>10</u> Grilled cheese and tomato soup and Oranges <b>LUCKY TRAY DAY!!!</b>	<u>11</u> Pasta with meat sauce, roasted brussels sprouts and dinner roll Apples	<u>12</u> Chicken parmesan sandwich, savory green beans Bananas
<b>ALTERNATE:</b> 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)				
<u>15</u> French toast, sausage links and 100% juice Grapes	<u>16</u> Meatball Sub, seasoned veggie blend Apples	<u>17</u> V Macaroni and cheese with seasoned carrots bananas	<u>18</u> Chicken tenders Pasta with butter and broccoli oranges	<u>19</u> Cheeseburger, baked potato, corn melon
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<u>22</u> V General Tso's Chicken with rice and green beans apples	<u>23</u> V Beef cheese steak sub with peppers and onions, roasted corn bananas	<u>24</u> Chicken and mashed potato bowl with gravy, sweet peas grapes	<u>25</u> Cheeseburger, macaroni and cheese with roasted carrots oranges	<u>26</u> Pepperoni pizza pasta bake, broccoli with cheese Apples
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<u>29</u> Macho Nacho, corn and black bean salad with salsa bananas	<u>30</u> Roasted turkey with gravy, mashed potatoes and buttered green beans Grapes	<u>31 Halloween</u> Goolash with broccoli and garlic bread Apples	<b>LUCKY TRAY DAY</b> <b>ON 10/10</b> <b>LOOK FOR A "YOU WIN" STICKER ON YOUR LUNCH TRAY FOR A FREE ICE CREAM OR SNACK</b>	<b>Daily offerings</b> <b>WG chicken patty</b> <b>Pizza</b> <b>Deli bar Daily in HS</b> <b>Fresh Salads</b> <b>Yogurt</b> <b>Pasta offered at Elementary daily</b>

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

