



FREE STUDENT MEALS Cairo-Durham Lunch Program September 2018

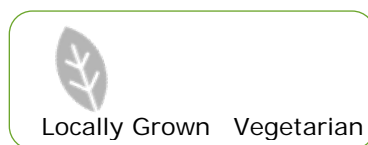
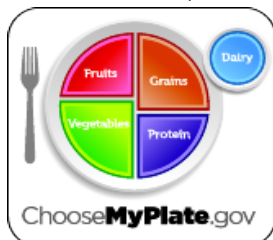
<p>Daily offerings WG chicken patty Pizza Deli bar Daily in HS Fresh Salads Yogurt</p>	<p>4 <u>Pasta offered daily at Elementary School</u></p>	<p>LUCKY TRAY DAY ON 8/12 LOOK FOR A "YOU WIN" STICKER ON YOUR LUNCH TRAY FOR A FREE ICE CREAM</p>	<p>6 Chicken nuggets, Broccoli with cheese sauce Apples</p>	<p>7 V Hot dog Seasoned corn 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 sticks)</p>				
<p>10 Pepperoni and mozzarella cheese flatbread, Cilantro lime coleslaw apples</p>	<p>11 Sweet and sour chicken, rice and seasoned broccoli Bananas</p>	<p>12 French toast sticks, sausage patty and 100% juice Oranges LUCKY TRAY DAY!!!</p>	<p>13 Mozzarella sticks w/ sauce and savory green beans melon</p>	<p>14 V Chipotle BBQ chicken wrap Roasted brussels sprouts 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>17 Cheese quesadilla w/salsa Lemon rice pilaf Grapes</p>	<p>18 Chicken and black bean rice bowl Lemon glazed carrots Apples</p>	<p>19 Italian dunkers w/ sauce Broccoli w/cheese bananas</p>	<p>20 Chicken tenders Pasta with butter and roasted corn oranges</p>	<p>21 V Jalapeno Cheeseburger, French fries, corn melon</p>
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<p>24 V Chicken caesar salad or grilled cheese garlic butter green beans apples</p>	<p>25 V Chicken nuggets, cilantro lime brown rice bananas</p>	<p>26 Chicken and mashed potato bowl, sweet green peas grapes</p>	<p>27 V Cheeseburger and smiley fries with roasted carrots oranges</p>	<p>28 Hot Ham and cheese bagel with broccoli and cheese sauce Apples</p>
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<p>25 </p>	<p>26 </p>	<p>27 </p>	<p>28 </p>	<p>29 </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**





**SIMPLY
GOOD**