



FREE STUDENT MEALS Cairo-Durham Lunch Program September 2017

Daily offerings WG chicken patty WG pizza Deli bar Fresh Salads Yogurt	<u>Pasta offered</u> <u>daily at</u> <u>Elementary</u> <u>School</u>		1 	2
4 LABOR DAY	5 SUPERINTENDENT CONFERENCE DAY NO SCHOOL	6 Chicken tenders Seasoned rice Broccoli cucumbers	7 Philly cheese steak sub Baked beans	8 French toast sticks, sausage patty 100% fruit juice
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)				
11 Macho nachos Steamed brown rice Cucumber slices Refried beans	12 Sweet and sour chicken Vegetable blend Seasoned rice	13 Baked ziti Dinner roll Seasoned carrots 100% juice	14 Corn dog French fries Steamed broccoli Pasta salad	15 Italian dunkers Baby carrots Sliced cucumbers And melon
ALTERNATE: Cereal fun lunch (cereal, cheese stick and a yogurt), chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)				
18 Pasta alfredo with chicken Roasted green beans Dinner roll	19 Pulled pork sandwich Sweet potato fries baked beans	20 Chicken and mashed potato bowl Dinner roll Roasted corn	21 Cheeseburger French fries Seasoned broccoli	22 Chicken parmesan sandwich Green peas and corn
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)				
25 Ham egg and cheese burrito Salsa cucumbers	26 Cheesy chicken and rice casserole Broccoli florets Dinner roll	27 Hot dog Tater tots Baked beans	28 Hot open faced turkey sandwich Mashed potatoes Seasoned peas	29 Grilled cheese broccoli Tomato soup
ALTERNATE: Bagel fun lunch (WW bagel, cream cheese and a yogurt) chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)				

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

Any questions, 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

