



FREE STUDENT MEALS Cairo-Durham Lunch Program March 2017

Daily offerings WG chicken patty WG pizza Deli bar Fresh Salads Yogurt	<u>Pasta offered</u> daily at <u>Elementary</u> School	1 Macho Nacho Pasta salad Steamed carrots	2 Cheeseburger Oven roasted fries Or Sweet potatoes	3 Sweet and sour chicken Brown rice Oriental veggie blend
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)				
6 Hot dog bar Tater tots Steamed corn	7 BBQ chicken Steamed rice Seasoned broccoli	8 Big Beef cheese steak sub Mashed potato Baked beans	9 Ham, egg and cheese burrito Hash brown patty Assorted 100% juice	10 Baked ziti Green beans Garlic bread Honeydew melon
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)				
13 Italian dunkers w/sauce Steamed carrots Blueberries	14 Big beef sub Sauted peppers and onions Roasted cauliflower	15 Chicken and cheese quesadilla Cilantro lime rice Green beans	16 Open face turkey sandwich Mashed potato Roasted corn	17 Corned beef and cabbage Roasted cauliflower
ALTERNATE: Nacho fun lunch (Whole Grain Tostito chips, cheddar cheese and salsa) chicken patty or pizza Daily Fresh Fruit and Vegetable bar (lettuce, tomato, onion, fresh and chilled fruit, carrot sticks and celery sticks)				
20 Italian dunkers w/ sauce Broccoli and cheddar soup	21 Mexi taco bowl w/ rice and cheese Seasoned peas Mandarin oranges	22 Grilled cheese French fries Green beans Potato salad	23 Popcorn chicken and mashed potato bowl broccoli WW dinner roll	24 Corn dog Pasta Steamed corn Coleslaw
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)				
27 French toast sticks bacon green beans	28 Chicken parmesan sandwich Broccoli w/cheese sauce	29 Ham and cheese Flatbread Roasted Brussel sprouts	30 BBQ pulled pork sandwich Macaroni and cheese broccoli	31 Chicken alfredo pasta Crispy buffalo cauliflower WW dinner roll
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, two (2) vegetable side dishes, two (2) fruit side dish, and a choice of milk. Milk choices include 1% white, skim chocolate, lactaid and skim white

