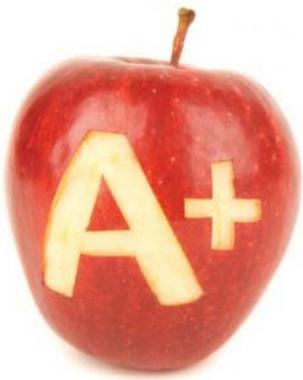


Upcoming Events and Fun Food Service Facts



Bulk Milk Implementation at CRLS

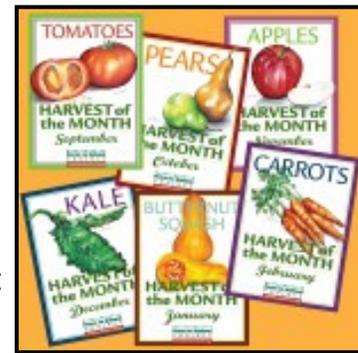
Last year at the Cambridge Rindge and Latin School the kitchen implemented pilot method of serving milk as proposed by students. Instead of buying milk in bottles to be recycled we switched to serving milk out of bulk dispensers into compostable cups.

CRLS is the first public school known to offer milk this way and will be extending the program through this year.



Massachusetts Harvest of the Month

Cambridge will be joining districts from around Massachusetts to highlight produce that can be grown within the Commonwealth. Each month a locally grown item will be featured in the menu in various recipes as part of the Massachusetts Farm to School Harvest of the Month Project. Keep an eye on the menu to see what fresh flavors are being featured.



Breakfast Innovations

Last year three schools were recognized for increasing their breakfast participation by the state and were designated 'School Breakfast Challenge Champions'. We're eager to keep the winning streak going by trying some new breakfast innovations to entice students to eat healthy in the morning. This year you'll notice some new home made breakfast goods, and some surprise smoothie days. Rise and shine for good eats!

Food Service Facts

Top 5 Elementary Lunch Days:

1. Pizza
2. Breakfast for Lunch
3. Turkey Hotdog
4. Cheese Sticks
5. Beef Tacos

60%

of the regular cycle menu entrées offered are vegetarian.

One of our most loyal and active cashiers has worked for CPSD food service since 1975.

At that time, Gerald Ford was President and Barack Obama was only 14 years old.

Starting Fresh!

August 2014

Dear Cambridge Community Member,

Welcome to the 2014-2015 School Year! Over the next 10 months we encourage you and your student to sample the delicious healthy meals prepared by our qualified Food Service Staff in your school kitchen.

The important documents enclosed in this mailing will give you a glimpse into our exciting menu changes and improvements, as well as provide all the information and resources necessary to make the food we serve accessible to you. In addition to this page, you should have received the following:

- A Free and Reduced Meals Frequently Asked Questions Page
- A Free and Reduced Meal Application (Blue Paper)
- An envelope addressed to the Food Service Office for Application Submission

(Please use US Mail for the most efficient processing)

- The September Menu for Elementary and Upper School Students (Green Paper)

Throughout these documents, you'll notice that we frequently reference the Food Service Webpage on the Cambridge Public Schools website www.cpsd.us. This webpage will act as an information hub to keep you informed and updated regarding all Food Service initiatives. There you will find the monthly lunch menus for Elementary and Upper School students, as well as the offerings available at the Cambridge Rindge and Latin School.

The webpage will also provide information about how to pay for your child's meals, explain our partnership with the CitySprouts agriculture Program, offer healthy recipes to try at home, highlight the locally sourced product that we feature in our meals, and provide details for any food service projects or initiatives.

With all the projects we have lined up this year you're sure to find something exciting happening in your school's kitchen.

On the other side of this page you will get a snapshot of what to expect in the upcoming months regarding: The Farm to School Harvest of the Month, new breakfast innovations, keeping the CRLS cafeteria green, and so much more.

If you have any questions, concerns, or compliments regarding Food Services throughout the year please feel free to contact me at (617) 349-6858 or via email at mhoneywood@cpsd.us.

Thank you, and Eat Well!

Melissa Honeywood, RD - Director of Food and Nutrition Services