

April 2017

Cambridge Public Schools

Elementary Menu

* Please notify the kitchen manager and Food Service office of any student allergies. Menu is subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
(V) Chili and Cheese (N) Nacho Bowl Lettuce and Tomato Red Pepper Corn	(N) All Beef Hotdog with the works! Potato Wedges Baked Beans	(N) Herb Roasted Chicken with Roll Maple Roast Squash Green Beans	(N) Spaghetti with Meat Sauce Mozzarella Salad Garlic Broccoli Peach Cups	Featured Salad Option: Chicken Caesar Pizza Selection Includes: (V) Veggie Pizza (V) or Cheese Pizza with Side Salad
10	11	12	13	14
(V) Three Cheese Pasta Bake Steamed Carrots Steamed Greenbeans Applesauce	(V) Scrambled Eggs and Waffles (LOCAL) Local Herb Potatoes Turkey Sausage Strawberry Cups	Chef's Choice Lunch Special Vegetable of the Day Fruit of the Day	Gill's Cheese or Pepperoni Pizza Fresh Garden Salad Fresh Fruit	Good Friday (Observed) No School
17- No School	18- No School	19- No School	20- No School	21- No School

Spring Break!

24	25	26	27	28
Cheese-y Bean or Chicken Quesadilla (V) Red Pepper Corn Sizzling Salsa	(N) Hamburger and Cheeseburger Slice Tomato + Lettuce Sweet Potato Wedges	Chicken Biryani with Brown Rice Garlic Breadstick Tomato Cucumber-Salad	(N) Mighty Meatball Sub Greenbeans Steamed Carrots	Featured Salad Option: (V) South West Salad Pizza Selection Includes: (V) Personal Cheese or Pepperoni with Side Salad

		Icon Key: (N) No Dairy, or Dairy Free Optional (P) Contains Pork (V) Vegetarian Item	
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This month we're going to the *root* of local delicious food by offering:

Massachusetts grown Potatoes

Well, Potatoes are actually tubers, not roots... But you get the idea. These starchy wonder vegetables are one of the few veggies that can be grown locally, harvested, and kept fresh in storage through winter.

We will be roasting the potatoes with dried herbs and seasoning to accompany our breakfast sandwich on the 11th. So enjoy the local goodness while having brunch for lunch!

Lunch Menu Meal Alternates

Monday-Thursday

Peanut Butter and Jelly Sandwich

Yogurt with Graham Crackers

Cheese Sandwich

Chef Notes: Mindful Eating

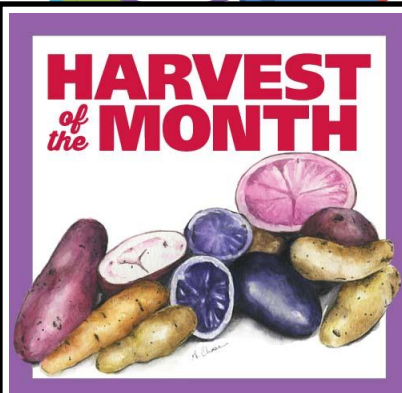
Spring time is full of excitement. The sun is staying out longer, plants are waking up from their winter nap, and the prospect of summer is growing near. Increase your appreciation and joy of the season by practicing mindfulness.

Practicing mindfulness while eating is said to lead to a greater enjoyment of the meal. Here are some mindfulness tips to try with your next meal:

- Before eating, think about how hungry you are & serve yourself accordingly
- Take a second or two to savor the smell of your food before eating.
- When you take a bite pause to taste your food & appreciate the texture
- Always take time to breathe between bites.

Enjoy, and Eat well,

Melissa Honeywood, RD



HARVEST of the MONTH

This month Cambridge will be offering fresh locally sourced Potatoes.

Did you Know?

In 1995 Potatoes were the first plant to be grown in Space. NASA created the technology with the hope of feeding astronauts on long voyages.

Every month Cambridge kitchens will highlight a local product in partnership with the Massachusetts farm to school program. To learn more check out: massfarmtoschool.org

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
French Toast Sticks	Waffles and Sausage	Fruit & Yogurt Parfait	Breakfast Burrito	Bagels & Cream Cheese
10	11	12	13	14
Cinnamon Oatmeal	French Toast Sticks	Chef Choice Breakfast	Chef Choice Breakfast	No School
17	18	19	20	21
No School	No School	No School	No School	No School
24	25	26	27	28
Bagels & Cream Cheese	Fluffy Pancakes	Warm Zucchini Bread	Sausage Cheese Bread	Egg & Cheese Sandwich

Prices 2016-17	Student Breakfast	\$1.00
	Reduced Price Breakfast	\$0.30
	Adult Breakfast	\$1.50
	Student Lunch	\$2.75
	Reduced Price Lunch	\$0.40
	Adult Lunch	\$3.75
Milk	\$0.50	

Daily Breakfast Offerings

- Select your Breakfast Base
 - Main Item (listed above): Main Item, Cereal, Yogurt, Muffin
- Add a piece of Fruit
 - Apple, Orange, Kiwi, Banana, Strawberry, Grapefruit, Apple
- Select up to 2 additional items
 - Milk, Juice, Cereal, Cereal

This institution is an equal opportunity provider and employer.