

# April 2017

Cambridge Public Schools

## Fletcher Maynard 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!  Sweet Potato Fries Baked Beans Diced Pears	(N) Herb Roasted Chicken with Roll  Maple Roast Squash Green Beans	(N) Spaghetti with Meat Sauce  Mozzarella Salad Garlic Broccoli Cinnamon Applesauce	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	(V) Scrambled Eggs and Waffles (LOCAL) Local Herb Potatoes Turkey Sausage Fruit Salad	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
		<b>Icon Key:</b> (N) No Dairy, or Dairy Free Optional Contains Pork (V) Vegetarian Item		



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

## Breakfast!

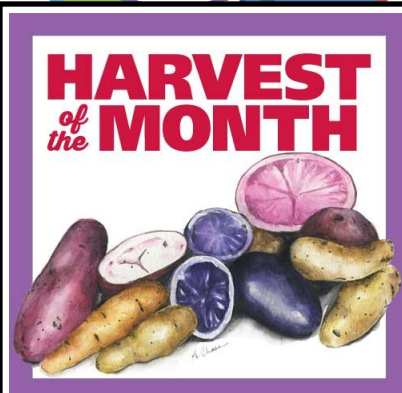
### Chef Notes: Mindful Eating

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](http://massfarmtoschool.org)

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Peaches and Cream Smoothie	Apple Cinnamon Muffins	Yogurt and Grahams	Egg and Cheese Croissant	Zucchini Bread
10	11	12	13	14
Strawberry and Cream Smoothie	Blueberry Muffins	Bagel and Cream Cheese	Egg and Cheese Croissant	No School
17	18	19	20	21
No School	No School	No School	No School	No School
24	25	26	27	28
Mixed Berry Smoothie	Chocolate Chip Muffins	Cereal Special Day	Cinnamon Breakfast Bar	Apple Turnover

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)
- Add a piece of Fruit
  -
- Select a Drink
  - Milk Juice

This institution is an equal opportunity provider and employer.