

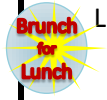


April 2017


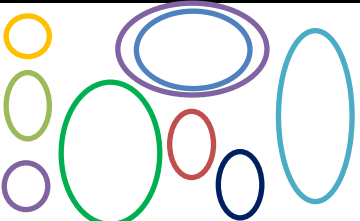



Cambridge Public Schools Upper School Menu



* 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 & Cheese Nachos (V) Alt: Pizza Bagel Lettuce and Tomato Red Pepper Corn	(N) All Beef Hotdog (N) Alt: Turkey Sandwich Roasted Potato Wedges Baked Beans	(N) Roasted Chicken with Roll Alt: Chicken Caesar Wrap Maple Roast Squash Steamed Peas	(N) Spaghetti with Meat Sauce (V) Alt: Hummus & Chips Mozzarella Salad Garlic Broccoli Peach Cups	Featured Salad Option: Chicken Caesar Pizza Selection Includes: (V) Veggie Pizza (V) or French Bread Pizza with Side Salad
10	11	12	13	14
(V) Three Cheese Pasta Bake (V) Alt: Pizza Bagel Steamed Carrots Garlic Broccoli	(V) Scrambled Eggs & Waffles (N) Alt: Buffalo Chicken Wrap  Local Herb Potatoes Turkey Sausage Strawberry Cups	Chef's Choice Lunch Special Alt: Buffalo Chicken Wrap Vegetable of the Day Fruit of the Day	Chef's Choice Pizza Alt: Gill's Cheese 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!

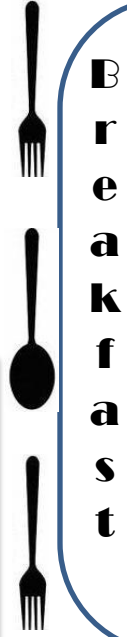
24	25	26	27	28
(V) Bean or Chicken Quesadilla (V) Alt: Pizza Bagel Red Pepper Corn Cowboy Blackbeans	Hamburger or Cheeseburger (N) Alt: Turkey Sandwich Sliced Tomato & Lettuce Sweet Potato Wedges	Chicken Biryani with Rice (N) Alt: Chicken Caesar Wrap Garlic Breadstick Steamed Peas	(N) Mighty Meatball Sub (V) Alt: Hummus & Chips Garlic Broccoli Steamed Carrots	Featured Salad Option: (V) South West Salad Pizza Selection Includes: (V) Personal Cheese  or Pepperoni with Side Salad
			Icon Key:  No Dairy or Dairy Free Optional  Contains Pork (V) Vegetarian Item	P O T A T O 

Daily Breakfast Offerings

1. Select your Breakfast Base
 - Main Item (listed right): Cereal Yogurt Muffin
2. Add a piece of Fruit
 -
3. Select up to 2 additional items
 - Milk Juice Cereal

LUNCH CHOICE CHART

MEAL ALTERNATES Monday-Thursday	ESSENTIALS Daily	SALAD BAR 3-5Days/Week
Peanut Butter & Jelly Yogurt & Crackers Cheese Sandwich	Fresh Fruit 1% White Milk Fat Free Chocolate Milk Fat Free Lactaid (by request)	Green Leaf Lettuce Romaine Lettuce Shredded Cheese Tomatoes Cucumbers Beans



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

Chef Notes: Taking Time for 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 and possibly consuming fewer calories. 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 take time to taste your food & appreciate the texture
- Always take time to breathe between bites.

Enjoy, and Eat well,

Melissa Honeywood, RD

Food Trivia

While tomatoes are botanically fruit, the US supreme court ruled they were a vegetable in the late 1800's to increase tax revenue for imports.

2016-17 Prices

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

This institution is an equal opportunity provider and employer.