



December 2018

Cambridge Public Schools Upper School Menu

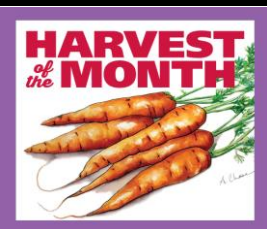


* Please notify the kitchen manager and Food Service office of any student allergies. Menu is subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Barbecue Chicken Sandwich 🚫 Alt: Turkey Sandwich Apple-Cabbage Slaw Sweet Potato Wedges Sweet Corn	4 Mild Jamaican Beef Patty 🚫 Alt: Turkey Sandwich Red Beans and Rice Garlic Spinach	5 Chicken Biryani with Rice 🚫 Alt: Turkey Sandwich Warm Dinner Roll Tomato Cucumber Salad Garlic Green Beans	6 🚫 Mighty Meatball Sub 🚫 Alt: Turkey Sandwich Steamed Broccoli Steamed Carrots	7 Featured Salad Option: ✔️ South West Salad Pizza Selection Includes: ✔️ Personal Cheese or Pepperoni 🐷 with Side Salad
10 Burger Bar: Beef or Veggie Alt: Buffalo Chicken Wrap Lettuce & Tomato Sweet Potato Wedges Three Bean Salad	11 ✔️ Three Cheese Pasta Bake Alt: Buffalo Chicken Wrap Steamed Carrots Garlic Green Beans	12 ✔️ Breakfast Pancakes Alt: Buffalo Chicken Wrap Scrambled Eggs Herb Roasted Potatoes	13 Southern Chicken w/ Roll Alt: Buffalo Chicken Wrap Local Root Vegetables Steamed Broccoli	14 Featured Salad Option: Chicken Caesar Pizza Selection Includes: ✔️ French Bread Pizza or Pepperoni 🐷 with Side Salad
17 ✔️ Grilled Cheese Sandwich Alt: Chicken Caesar Wrap Soup Dunker Day Tomato & Basil Soup Cucumber Salad	18 ✔️ Chili & Cheese Nachos Alt: Chicken Caesar Wrap Lettuce and Tomato Steamed Corn	19 Beef Taco Alt: Chicken Caesar Wrap Lettuce and Tomato Red Beans and Rice Red Pepper Corn	20 Jamaican Jerk Chicken & Rice Alt: Chicken Caesar Wrap 🚫 Spinach & White Beans Roasted Squash	21 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: ✔️ Veggie Pizza or Pepperoni Pizza 🐷 with Side Salad
24- Winter Break	25- Winter Break	26- Winter Break	27- Winter Break	28- Winter Break

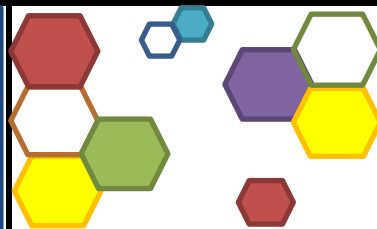
Winter Break

31- Winter Break



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Icon Key:
 No Dairy or Dairy Free Optional
 Contains Pork
 Vegetarian Item



Make your lunch count, select 3-5 menu items.
 You must take at least 1 fruit or vegetable!



Daily Breakfast Offerings

- Select your Breakfast Base
 - Main Item (listed right)
 - Cereal(s)
 - Yogurt
 - Muffin
- Add a piece of fruit
 -
 -
 -
 -
 -
 -
 -
- Select up to 2 additional items
 - Milk
 - Juice



LUNCH CHOICE CHART

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
French Toast Sticks	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
10	11	12	13	14
French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes
17	18	19	20	21
French Toast Sticks	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
24	25	26	27	28
No School	No School	No School	No School	No School
31				
No School				

Chef Notes: Celebrate More, Waste Less.

It's that time of year where we get together to celebrate with friends, family, and food. All too often this can lead to trash bins overflowing with food waste. Cambridge Public Schools have implemented programs to help reduce food waste. This includes modifying food purchases at the district level, adjusting recipes to utilize left overs, offering chef choice days, and implementing share tables in the dining areas. We also collect any food scraps from the kitchen and dining areas for compost. Ask your student about how they recycle and compost after their meal! To learn more about how you can reduce food waste in your own home visit the USDA's website: <https://www.usda.gov/foodlossandwaste>. To learn about composting food scraps, visit CambridgeMA.Gov/Compost. May your holiday season be bright and your trash be light! Enjoy, and Eat well,

Melissa Honeywood, RD

Food Trivia

Diet and environment influence how many eggs a hen will lay. However, an average hen will produce around 250 eggs in one year.

2018-19 Prices

Student Breakfast	\$0.00
Reduced Price Breakfast	\$0.00
Adult Breakfast	\$2.25
Student Lunch	\$2.85
Reduced Price Lunch	\$0.00
Adult Lunch	\$4.00
Milk	\$0.50

This institution is an equal opportunity provider and employer.