



# February 2019

# 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
<p><b>Icon Key:</b>   No Dairy or Dairy Free Optional   Contains Pork   Vegetarian Item</p>				1
4	5	6	7	8
<b>Grilled Cheese Sandwich</b> Alt: Buffalo Chicken Wrap  Tomato & Basil Soup Cucumber Salad	<b>Chili &amp; Cheese Nacho Bowl</b> Alt: Buffalo Chicken Wrap  Lettuce & Tomato Steamed Corn	<b>Beef Tacos</b> Alt: Buffalo Chicken Wrap  Red Pepper Corn Red Beans & Rice Garden Side Salad	<b>Carribbean Jerk Chicken w/ rice</b> Alt: Buffalo Chicken Wrap  Spinach & White Beans Fruit Salad Garden Side Salad	Featured Salad Option: <b>Chicken Caesar</b> Pizza Selection: <b>French Bread Pizza or Pepperoni</b> with Side Salad
11	12	13	14	15
<b>Coconut Crusted Redfish w/  e</b> Alt: Veggie Hummus Wrap  Steamed Peas Corn and Pepper Succotash	<b>Chicken or Chickpea Cacciatore</b> Alt: Veggie Hummus Wrap  Three Bean Salad Steamed Carrots	<b>Breakfast Egg Sandwich</b> Alt: Veggie Hummus Wrap  Roasted Potatoes Fruit Salad Garden Side Salad	<b>Spaghetti w/ Meat Sauce</b> Alt: Veggie Hummus Wrap  Mozzarella Tomato Salad Garlic Broccoli Strawberry Spinach Salad	Featured Salad Option: <b>South West Salad</b> Pizza Selection: <b>Personal Cheese or Pepperoni Pizza</b> with Side Salad
18- No School	19- No School	20- No School	21- No School	22- No School

## February Vacation!

25	26	27	28	 <b>HARVEST of the MONTH</b> S Q U A S H
<b>All Beef Hotdog on a bun</b> Alt: Turkey Sandwich  Sweet Potato Fries Baked Beans	<b>Crispy Fish Tacos w/ rice</b> Alt: Turkey Sandwich  Corn & Bean Salad Tomato Salsa Shredded Cabbage	<b>Roasted Chicken w/ dinner roll</b> Alt: Turkey Sandwich  Maple Roast Squash Green Beans Garden Side Salad	<b>Burrito Bowl w/ Rice</b> Alt: Turkey Sandwich  Chicken or Bean Filling Red Pepper Corn Cowboy Black Beans	

### 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

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Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
				Fluffy Pancakes
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
French Toast Sticks	Zucchini Bread	Yogurt & Fruit Parfait	Breakfast Burrito	Fluffy Pancakes
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
No School	No School	No School	No School	No School
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	

### LUNCH CHOICE CHART

#### MEAL ALTERNATES

Monday-Thursday

- Peanut Butter & Jelly
- Yogurt & Crackers
- Cheese Sandwich
- Power Packs

#### ESSENTIALS

Daily

- Fresh Fruit
- 1% White Milk
- Fat Free Chocolate Milk
- Fat Free Lactaid (by request)

#### SALAD BAR

3-5Days/Week **Green**

- Leaf Lettuce
- Romaine Lettuce
- Shredded Cheese
- Tomatoes
- Cucumbers
- Beans

### Chef Notes: 'Tis the Season to be Cheesy

Valentine's Day is notorious for red hearts, chocolate, and expressions of affection through clever word play.

With that:

We'd like to take this *THYME* to *EGG*splain why we're *NUTS* about serving healthy food. The students of Cambridge *LETTUCE* have the honor of feeding them each day. We get a warm and *TOASTY* feeling watching the students enjoy a meal made with love. You *FETA* believe our staff aren't here for the *DOUGH*, they come to school because they are *BERRY* committed to feeding students well. *ORANGE* you glad you eat school meals? We hope this message *WHISKED* you off your feet.

Enjoy and Eat Well,

*Melissa Honeywood, RDN*

### Food Trivia

The word *pomegranate* translates from the French as "apple with many seeds". The apple-sized fruit are native to Iran, where they have been cultivated for more than 4,000 years.

### 2018-19 Prices

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

This institution is an equal opportunity provider and employer.