



# January 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
	1- No School	2	3	4
<b>Icon Key:</b> No Dairy or Dairy Free Optional Contains Pork Vegetarian Item	<b>Winter Break</b>  <b>No School</b>	<b>All Beef Hotdog</b> Alt: Buffalo Chicken Wrap  Sweet Potato Fries Baked Beans	<b>Burrito Bowl with Rice</b> Alt: Buffalo Chicken Wrap  Turkey or Bean Filling Cowboy Black Beans Red Pepper Corn	Featured Salad Option: <b>South West Salad</b>  Pizza Selection Includes: <b>Personal Cheese or Pepperoni</b> with Side Salad
7	8	9	10	11
<b>Coconut Redfish &amp; Rice</b> Alt: Veggie Hummus Wrap  Steamed Peas Corn and Pepper Succotash	<b>Turkey and Cheese Melt</b> Alt: Veggie Hummus Wrap  Fresh Veggie Cups Three Bean Salad	<b>Roasted Chicken with Roll</b> Alt: Veggie Hummus Wrap  Maple Roast Squash Green Beans	<b>Spaghetti with Meat Sauce</b> Alt: Veggie Hummus Wrap  Tomato Mozzarella Salad Garlic Broccoli Garlic Bread	Featured Salad Option: <b>Chicken Caesar</b>  Pizza Selection Includes: <b>French Bread Pizza or Pepperoni</b> with Side Salad
14	15	16	17	18
<b>Burger Bar: Beef or Veggie</b> Alt: Turkey Sandwich  Lettuce & Tomato Sweet Potato Wedges Veggie Pasta Salad	<b>Crispy Fish Tacos with Rice</b> Alt: Turkey Sandwich  Corn & Bean Salad Fresh Tomato Salsa	<b>Breakfast Egg Sandwich</b> Alt: Turkey Sandwich  Turkey Sausage Hash Browns Fruit Salad	<b>Cheddar Mac and Cheese</b> Alt: Turkey Sandwich  Steamed Broccoli Three Bean Salad	Featured Salad Option: <b>Chef Choice Salad</b>  Pizza Selection Includes: <b>Veggie Pizza or Pepperoni</b> with Side Salad
21- No School	22	23	24	25
<b>Dr. Martin Luther King Jr.</b>  	<b>Barbecue Chicken</b> Alt: Chicken Caesar Wrap  Apple-Cabbage Slaw Potato Wedges Corn Bread	<b>Chicken Biryani with Rice</b> Alt: Chicken Caesar Wrap  Warm Dinner Roll Tomato Cucumber Salad Garlic Green Beans	<b>Mighty Meatball Sub</b> Alt: Chicken Caesar Wrap  Steamed Broccoli Steamed Carrots	Featured Salad Option: <b>South West Salad</b>  Pizza Selection Includes: <b>Personal Cheese or Pepperoni</b> with Side Salad
28	29	30	31	
<b>Jamaican Beef Patty</b> Alt: Veggie Power Pack  Red Beans and Rice Garlic Spinach	<b>Three Cheese Pasta Bake</b> Alt: Veggie Power Pack  Steamed Carrots Garlic Greenbeans	<b>Breakfast Pancakes</b> Alt: Veggie Power Pack  Scrambled Eggs Herb Roasted Potatoes 	<b>Southern Chicken w/ Roll</b> Alt: Veggie Power Pack  Sweet Corn Steamed Broccoli	<b>HARVEST of the MONTH</b>  <b>A P P L E S</b>

### Daily Breakfast Offerings

1. Select your Breakfast Base

Main Item (listed right)

Cereal(s) Yogurt Muffin

2. Add a piece of Fruit

3. Select up to 2 additional items

Milk Juice

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
No School	No School	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
7	8	9	10	11
French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes
14	15	16	17	18
French Toast Sticks	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
21	22	23	24	25
No School	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes
28	29	30	31	
French Toast Sticks	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	

### 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	Romaine Lettuce
Cheese Sandwich	Fat Free Chocolate Milk	Shredded Cheese
Power Packs	Fat Free Lactaid (by request)	Tomatoes
		Cucumbers
		Beans

### Chef Notes: Breakfast: A Healthy Start

*It's a new year, and a great time to highlight our new free breakfast program. The City of Cambridge has partnered with the school department to expand free breakfast to all schools. Each breakfast comes with a choice of fresh fruit and/or 100% fruit juice with a variety of menu items featured daily. Any student that selects a full breakfast will be able to eat with no charge to their account. So start your new year off right by incorporating a healthy breakfast into your morning routine. If you have any ideas on what we can do to improve breakfast service at your school, feel free to reach out to the Food & Nutrition Department. Our chefs, cashiers, and cafeteria helpers are all committed to making 2019 the best year yet!*

Enjoy, and Eat well,

*Mellissa Honeywood, RD*

### Food Trivia

Figs were brought to the US by Spanish conquistadors and missionaries- hence how one variety got the common name of 'mission figs'.

### 2018-19 Prices

Student 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.