



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Icon Key: No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item				
3	4	5	6	7
All Beef Hotdog Sweet Potato Fries Baked Beans	Grilled Chicken Fillet with Rice Garlic Broccoli Steamed Corn	Eid al-Fitr No School	Chicken Biryani with Rice Strawberry Cups Tomato Cucumber Salad	Featured Salad Option: Chicken Caesar Pizza selection includes: French Bread Pizza or Pepperoni with Side Salad
10	11	12- Early Release Day	13	14
Roast Turkey with Gravy and Dinner Roll Garlic Green Beans Steamed Carrots	Burger Bar: Beef or Veggie Sweet Potato Wedges Veggie Pasta Salad Lettuce & Tomato	Chef Choice Lunch Fruit and Vegetable of the Day	Chef Choice Lunch Fruit and Vegetable of the Day	Chef Choice Lunch Fruit and Vegetable of the Day
17	18	19	20	21
Chef Choice Lunch Fruit and Vegetable of the Day	Chef Choice Lunch Fruit and Vegetable of the Day			
24	25	26	27	28

MENU NOTES

Chef Choice Meals
 As the school year comes to a close our food service staff turn up the heat with chef choice days.

These days allow our kitchens to use products on hand to create a variety of wholesome meal options for students.

If you'd like to know what will be served on a specific day, call your school kitchen the day before to finalize your meal plans.

- Lunch Menu Meal Alternates**
- Monday-Thursday
 - Peanut Butter and Jelly Sandwich
 - Yogurt with Graham Crackers
 - Cheese Sandwich
 - Tuesday-Friday
 - Garden Side Salads^ or Salad Bar

^Baldwin, Cambridgeport, Graham & Parks, & Haggerty Only

Summer Vacation!

Chef Notes: A Year in Review

As the school year comes to a close, we can reflect on all that has happened over the past 10 months. Since September of 2018 the Food & Nutrition Department has:

- Clocked more than 62,000 hours of work with over 70 staff members.
- Served 1,714 waffles for breakfast during School Breakfast Week. If we stacked those waffles up, it would be the height of 4 fully grown giraffes!
- Introduced 10 new recipes into the menu cycle to adjust for cultural flavors and expand upon our breakfast menu.

It's a good thing we'll have some time to relax in the summer, because we hope to be even more impressive next year. Have a safe and happy vacation!

Enjoy, and Eat well,

Melissa Honeywood, RD

HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Strawberries.

Did you Know?

Botanically, the strawberry is considered an "accessory fruit" and is not a true berry. The red flesh consists of the enlarged flower receptacle and is embedded with the many true fruits, the seeds!

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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Fluffy Warm Pancakes	Cereal Special Day	No School	Fruit-filled Granola Bar	French Toast Sticks
10	11	12	13	14
Build Your Own Waffles	Chocolate Chip Muffins	Yogurt and fruit Parfait	Egg & Cheese Sandwich	Chef's Choice
17	18	19	20	21
Chef's Choice	Chef's Choice			
24	25	26	27	28

Daily Breakfast Offerings

1. Select the Breakfast Base
2. Add a piece of Fruit
 - Main Item** (listed above)
 -
3. Grab your Drink
 - Milk
 - Juice

Prices 2018-19

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

This institution is an equal opportunity provider and employer.