



# **June 2019**

SALAD BAR

3-5Days/Week

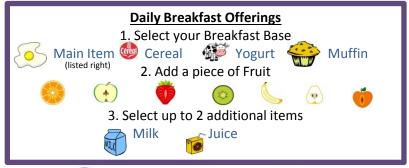
**Tomatoes** 

**Cucumbers** 

**Beans** 

**Green Leaf Lettuce** 

## **Upper School Menu**



	Monday	Tuesday	Wednesday	Thursday	Friday
r	<del>8</del>	<b>○</b>	CAMBRIDGE FOOD & NUTRITION SERVICES		
e	3	4	5	6	
a	French Toast	Waffles &	No School	Warm	Fluffy
	Sticks	Sausage	NO SCHOOL	Bagels	Pancakes
K	10	11	12	13	14
f	French Toast	Zucchini	Chef's	Chef's	Chef's
_	Sticks	Bread	Choice	Choice	Choice
a	17	18	19	20	21
S	Chef's	Chef's	No School	No School	No School
t	Choice	Choice	NO SCHOOL	NO SCHOOL	NO SCHOOL
	24	25	26	27	28
	No School	No School	No School	No School	No School

#### **LUNCH CHOICE CHART ESSENTIALS**

Daily

**MEAL ALTERNATES** Monday-Thursday

**Yogurt & Crackers** 

Cheese Sandwich

**Power Packs** 

**Peanut Butter & Jelly** 

Fresh Fruit

**Romaine Lettuce Shredded Cheese** 1% White Milk **Fat Free Chocolate Milk** Fat Free Lactaid (by request)

\*Chocolate milk & juice can be restricted on your student's account.\*

### 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 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,

Mellissa Honeywood, RD

#### **Food Trivia**

Most peaches you find in the grocery store have been mechanically 'brushed' so their skin isn't too fuzzy.

2018-19 **Prices** 

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

This institution is an equal opportunity provider and employer.