



June 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
Icon Key: No Dairy or Dairy Free Optional Contains Pork Vegetarian Item	STRAWBERRIES HARVEST of the MONTH			
3	4	5- No School	6	7
All Beef Hotdog Alt: Chicken Caesar Wrap Sweet Potato Fries Baked Beans	Grilled Chicken Fillet w/ rice Alt: Chicken Caesar Wrap Garlic Broccoli Steamed Corn	Eid al-Fitr No School	Chicken Biryani and Rice Alt: Chicken Caesar Wrap Strawberry Cups Tomato Cucumber Salad Dinner Roll	Featured Salad Option: Chicken Caesar Pizza Selection: French Bread Pizza or Pepperoni with Side Salad
10	11	12- Early Release Day	13	14
Roast Turkey with Gravy Alt: Veggie Power Pack Dinner Roll Garlic Green Beans Steamed Carrots	Burger Bar: Beef or Veggie Alt: Veggie Power Pack Lettuce & Tomato Sweet Potato Wedges Veggie Pasta Salad	Chef's Choice Lunch with fruit and vegetable of the day	Chef's Choice Lunch with fruit and vegetable of the day	Chef's Choice Lunch with fruit and vegetable of the day
17	18 - Early Release Day	19 - No School	20 - No School	21 - No School
Chef's Choice Lunch with fruit and vegetable of the day	Chef's Choice Lunch with fruit and vegetable of the day	 CAMBRIDGE FOOD & NUTRITION SERVICES		
24- No School	25- No School	26- No School	27- No School	28- No School

Summer Vacation!

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

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

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

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
	3	4	5	6	
	French Toast Sticks	Waffles & Sausage	No School	Warm Bagels	Fluffy Pancakes
	10	11	12	13	14
	French Toast Sticks	Zucchini Bread	Chef's Choice	Chef's Choice	Chef's Choice
	17	18	19	20	21
	Chef's Choice	Chef's Choice	No School	No School	No School
	24	25	26	27	28
	No School	No School	No School	No School	No School

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,

Melissa 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.