

March 2017

Cambridge Public Schools

Elementary 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		1 Breakfast for Lunch Egg Sandwich Turkey Sausage Hash Browns Fruit Salad	2 Creamy Cheddar Mac and Cheese Steamed Broccoli Three Bean Salad	3 Featured Salad Option: Greek Salad Pizza Selection Includes: Gill's Pizza or Pepperoni with Side Salad
6 Cheese-y Bean or Chicken Quesadilla Red Pepper Corn Sizzling Salsa	7 Steak and Cheese on a Kaiser Roll Cucumber Coins Carrot Sticks	8 Chicken Biryani with Brown Rice Garlic Breadstick Tomato Cucumber-Salad	9 Mighty Meatball Sub Steamed Broccoli Steamed Carrots Applesauce	10 Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
13 Baked Mozzarella Cheese Sticks Tomato Marinara Steamed Broccoli	14- Early Release Ham & Cheese Melt Fresh Veggie Cups Three Bean Salad	15 Breakfast for Lunch Fluffy Pancakes Scrambled Eggs Herb Roasted Potatoes	16 Southern Chicken and Biscuits Sweet Corn Steamed Greenbeans	17 Featured Salad Option: Chicken Caesar Pizza Selection Includes: Gill's Pizza or Pepperoni with Side Salad
20 Grilled Cheese Sandwich Tomato & Basil Soup Cucumber Salad	Hamburger and Cheeseburger Slice Tomato + Lettuce Sweet Potato Wedges	Crunchy Beef Taco Fiesta Lettuce and Tomato Red Pepper Corn	Caribbean Chicken Seasoned Rice Tropical Fruit Salsa Spinach & Whitebeans	24 Featured Salad Option: Greek Salad Pizza Selection Includes: Veggie Pizza or Cheese Pizza with Side Salad
27 Mini Raviolis with garlic bread stick Garlic Broccoli Chickpea Salad	Turkey Burgers Sweet Potato Wedges Apple-Cabbage Slaw	29 Sausage Egg and Cheese Sandwich Herb Roasted Potatoes Orange Wedges	Bean or Chicken Burrito Western Corn Cowboy Black Beans	31 Featured Salad Option: South West Salad Pizza Selection Includes: Gill's Pizza or Pepperoni with Side Salad



This month we are featuring a locally sourced item with serious seasoning. On Thursday, March 23rd we will be offering Caribbean Chicken using Drumsticks from:

Mayflower Poultry

These fresh drumsticks are roasted with a flavorful Jerk seasoning and served with steamed spinach & whitebeans accompanied by a bright tropical fruit salsa. Spring may be just starting, but we're bringing full summer flavor to the kitchen. Be sure to mark your calendars, you won't want to miss this dish.

Lunch Menu Meal Alternates

Monday-Thursday

Peanut Butter and Jelly Sandwich

Yogurt with Graham Crackers

Cheese Sandwich

Chef Notes: National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits

The theme for 2017 is "Put Your Best Fork Forward", which acts as a reminder that each bite counts. Making just small shifts in our food choices, can add up over time.

To get up-to date nutrition information and ideas for how you can best celebrate National Nutrition Month go to www.eatright.org.

Enjoy, and Eat well,

Melissa Honeywood, RD

HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Dairy.

Did you Know?

Cheese making dates back at least 5,000 years. Archeologists have seen evidence that cheese was made in ancient Egyptian civilizations.

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
		1	2	3
		Fruit & Yogurt Parfait	Warm Breakfast Loaf	Fluffy Pancakes
6	7	8	9	10
Bagels & Cream Cheese	Fluffy Pancakes	Warm Zucchini Bread	Sausage Cheese Bread	Egg & Cheese Sandwich
13	14	15	16	17
French Toast Sticks	Waffles and Sausage	Chef Choice Breakfast	Breakfast Burrito	Bagels & Cream Cheese
20	21	22	23	24
Cinnamon Oatmeal	French Toast Sticks	Fruit & Yogurt Parfait	Warm Breakfast Loaf	Fluffy Pancakes
27	28	29	30	31
Bagels & Cream Cheese	Fluffy Pancakes	Warm Zucchini Bread	Sausage Cheese Bread	Egg & Cheese Sandwich

Prices 2016-17	Student Breakfast	\$1.00
	Reduced Price Breakfast	\$0.30
	Adult Breakfast	\$1.50
	Student Lunch	\$2.75
	Reduced Price Lunch	\$0.40
	Adult Lunch	\$3.75
Milk	\$0.50	

Daily Breakfast Offerings

- Select your Breakfast Base
 Main Item (listed above) Cereal Yogurt Muffin
- Add a piece of Fruit
- Select up to 2 additional items
 Milk Juice Cereal

This institution is an equal opportunity provider and employer.