

Elementary Menu





World Language Week Menu Notes

MON: Jamaican Beef Patty: The patty is often eaten as a full meal, especially when paired with coco bread.

TUES: Puerto Rican Fricase de Pollo: AKA: Chicken fricassee was brought to the Caribbean by settlers from France and Spain.

WED: Latin scrambled Eggs with a Tortilla & Yucca fries: Tortilla comes from the Spanish word 'torta' meaning small round cake.

THUR: Biryani Chicken: Biryani is a Hindustani word derived from the Persian language.

FRI: Panzanella: this Italian folk dish traditionally re-uses day old bread by soaking it in water and mixing it with garden vegetables.

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

Breakfastl

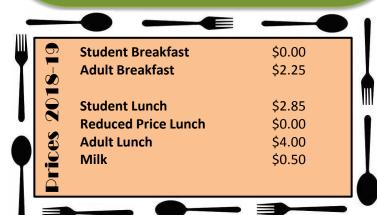
Chef Notes: National Nutrition Month and National School Breakfast Week

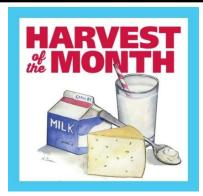
National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Learn more at eatright.org.

The National School Breakfast Week is March 4th-8th and the campaign theme for Cambridge, "Wheel Your Way," reminds the entire school community that school breakfast provides a healthy and energizing way to pedal up for the day. We're offering special menus, cafeteria events, and more. So please join us for the most important meal of the day.

Enjoy, and Eat well,

Mellissa Honeywood, RDN





This month Cambridge will be offering fresh locally sourced Dairy.

Did you Know?

The average cow eats about 100lbs of food & drinks 30-50 gallons of water each day about a bathtubs worth!

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
			P	(Fluffy
\leq				(4)	Warm
					Pancakes
	4	5	6	7	8
	Not So Green	Pancakes	Build	New	Fluffy
	Egg & Ham	With	Your Own	Breakfast	Warm
	Sandwich	Parents	Waffle Bar	Pizza	Pancakes
	11	12	13	14	15
	French	Waffles	Egg	Warm	Fluffy
	Toast	&	& Cheese	Bagels	Warm
	Sticks	Sausage	Sandwich		Pancakes
>	18	19	20	21	22
	French	Zucchini	Yogurt	Cinnamon	Fluffy
	Toast	Bread	Parfait	Apple	Warm
	Sticks			Oatmeal	Pancakes
	25	26	27	28	29
	French	Breakfast	Waffles	Warm	Fluffy
	Toast	Pizza	&	Bagels	Warm
	Sticks		Sausage		Pancakes
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Daily Breakfast Offerings

1. Select your Breakfast Base







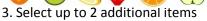


















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