

* 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				
4	5	6	7	8
Jamaican Beef Patty Red Beans & Rice Garlic Spinach Garden Side Salad	Puerto Rican Fricase De Pollo with Rice Steamed Carrots Red Pepper Corn Garden Side Salad	Latin-Style Scrambled Eggs and Tortilla Yucca Fries Mild Salsa Garden Side Salad	Bagladeshi Chicken Biryani with Rice Warm Dinner Roll Tomato & Cucumbers Garden Side Salad	1 Featured Salad Option: Chicken Caesar Pizza Selection: French Bread Pizza or Pepperoni with Side Salad
11	12- Early Release Day	13	14	15
Turkey Tacos with Seasoned Rice Corn & Bean Salad Tomato Salsa Shredded Cabbage	Chef Choice Day Fruit & Vegetable of the Day	Breakfast Egg Sandwich Turkey Sausage Hashbrowns Garden Side Salad	Cheddar Macaroni and Cheese Steamed Broccoli Three Bean Salad Garden Side Salad	Featured Salad Option: Italian Panzanella Salad Pizza Selection: Veggie, Cheese, or Pepperoni Pizza with Side Salad
18	19	20	21	22
Barbeque Chicken Sandwich Apple-Cabbage Slaw Steamed Corn Garden Side Salad	Turkey Club Sandwich Ranch & Carrot Cups Cucumber Salad Garden Side Salad	Herb Roasted Chicken with Dinner Roll Seasoned Potatoes Garlic Spinach Garden Side Salad	Mighty Meatball Sub Steamed Broccoli Tomato & Mozz Salad Garden Side Salad	Featured Salad Option: South West Salad Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
25	26	27	28	29
Burger Bar: Beef Cheese, or Veggie Lettuce and Tomato Sweet Potato Wedges Bean & Pasta Salad	Three Cheese Pasta Bake Steamed Carrots Garlic Greenbeans Garden Side Salad	Breakfast Pancakes Scrambled Eggs Roasted Potatoes Garden Side Salad	Southern Chicken with Dinner Roll Sweet Corn Steamed Broccoli Garden Side Salad	Featured Salad Option: Chicken Caesar Pizza Selection Includes: Veggie, Cheese, or Pepperoni with Side Salad

MENU NOTES

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 fricasee 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

Breakfast!

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,
Melissa Honeywood, RDN

HARVEST of the MONTH



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

Prices 2018-19	Student Breakfast	\$0.00
	Adult Breakfast	\$2.25
	Student Lunch	\$2.85
	Reduced Price Lunch	\$0.00
	Adult Lunch	\$4.00
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

This institution is an equal opportunity provider and employer.