



# March 2019

# Cambridge Public Schools Fletcher Maynard Menu



\* Please notify the kitchen manager and Food Service office of any student allergies. Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Icon Key:</b> No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item				
4	5	6	7	8
<b>Jamaican Beef Patty</b>  Red Beans & Rice Garlic Spinach Garden Side Salad	<b>Puerto Rican Fricase De Pollo with Rice</b>  Steamed Carrots Red Pepper Corn Garden Side Salad	<b>Latin-Style Scrambled Eggs and Tortilla</b>  Yucca Fries Mild Salsa Garden Side Salad	<b>Bagladeshi Chicken Biryani with Rice</b>  Warm Dinner Roll Tomato & Cucumbers Garden Side Salad	1 Featured Salad Option: <b>Chicken Caesar</b> Pizza Selection: <b>French Bread Pizza</b> <b>or Pepperoni</b> with Side Salad
11	12- Early Release Day	13	14	15
<b>Turkey Tacos</b> with Seasoned Rice  Corn & Bean Salad Tomato Salsa Shredded Cabbage	<b>Chef Choice Day</b>  Fruit & Vegetable of the Day	<b>Breakfast Egg Sandwich</b>  Turkey Sausage Hashbrowns Garden Side Salad	<b>Cheddar Macaroni and Cheese</b>  Steamed Broccoli Three Bean Salad Garden Side Salad	Featured Salad Option: <b>Italian Panzanella Salad</b>  Pizza Selection: <b>Veggie, Cheese, or Pepperoni Pizza</b> with Side Salad
18	19	20	21	22
<b>Barbeque Chicken Sandwich</b>  Apple-Cabbage Slaw Steamed Corn Garden Side Salad	<b>Turkey Club Sandwich</b>  Ranch & Carrot Cups Cucumber Salad Garden Side Salad	<b>Herb Roasted Chicken with Dinner Roll</b>  Seasoned Potatoes Garlic Spinach Garden Side Salad	<b>Mighty Meatball Sub</b>  Steamed Broccoli Tomato & Mozz Salad Garden Side Salad	Featured Salad Option: <b>Chicken Caesar</b> Pizza Selection Includes: <b>Gill's Cheese or Pepperoni</b> with Side Salad
25	26	27	28	29
<b>Burger Bar: Beef Cheese, or Veggie</b>  Lettuce and Tomato Sweet Potato Wedges Bean & Pasta Salad	<b>Three Cheese Pasta Bake</b>  Steamed Carrots Garlic Greenbeans Garden Side Salad	<b>Breakfast Pancakes</b>  Scrambled Eggs Roasted Potatoes Garden Side Salad	<b>Southern Chicken with Dinner Roll</b>  Sweet Corn Steamed Broccoli Garden Side Salad	Featured Salad Option: <b>Chicken Caesar</b> Pizza Selection Includes: <b>Gill's Cheese or Pepperoni</b> 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 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

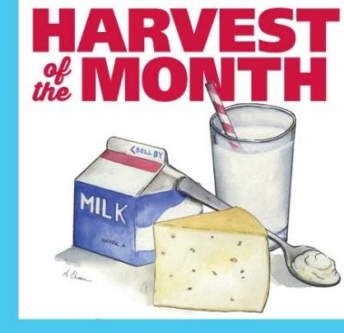
### Chef Notes: National Nutrition Month and National School Breakfast Week

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 first week of March schools across the country will highlight the benefits of a healthy breakfast. At the Fletcher Maynard the breakfast in the classroom program has set the culture of being well nourished before starting the school day. This model is such a success we plan to extend to other schools in the district. Thank you for being breakfast pioneers!

Enjoy, and Eat well,

*Melissa 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](http://massfarmtoschool.org)**

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Apple Cinnamon Oatmeal	French Toast Sticks	Warm Waffles	Strawberry & Cream Smoothie	Ham and Egg Sandwich
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
French Toast Sticks	Blueberry Muffins	Yogurt & Goldfish Grahams	Warm Zucchini Bread	Sausage & Egg Sandwich
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Bagel with Cream Cheese	Apple Cinnamon Muffins	Fruit Filled Granola Bar	Egg & Cheese Sandwich	Cereal Special Day
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Fluffy Scrambled Eggs	Chocolate Chip Muffins	Breakfast Burrito	Warm Banana Bread	<b>No School</b>

Prices 2018-19	Student Breakfast	\$0.00
	Adult Breakfast	\$2.00
	Student Lunch	\$2.85
	Reduced Price Lunch	\$0.00
	Adult Lunch	\$4.00
Milk	\$0.50	

### Daily Breakfast Offerings

- Select the Breakfast Base
- Add a piece of Fruit
- Grab your Drink

This institution is an equal opportunity provider and employer.