



March 2017

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
1				
Icon Key: No Dairy or Dairy Free Optional Contains Pork Vegetarian Item	HARVEST of the MONTH 	D A I R Y Turkey Sausage Hash Browns Fruit Salad	2 Cheddar Mac and Cheese Alt: Hummus & Pretzels Steamed Broccoli Three Bean Salad	Featured Salad Option: Greek Salad
				Pizza Selection Includes: Gill's Pizza or Pepperoni with Side Salad
2				
6 Bean or Chicken Quesadilla Alt: Pizza Bagel Red Pepper Corn Fresh Tomato Salsa	7 Steak and Cheese Sub Alt: Turkey Sandwich Cucumber Coins Carrot Sticks	8 Chicken Biryani with Rice Alt: Buffalo Chicken Wrap Garlic Breadstick Tomato Cucumber-Salad	9 Mighty Meatball Sub Alt: Hummus & Chips Steamed Broccoli Steamed Carrots Applesauce	10 Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
3				
13 Baked Mozzarella Sticks Alt: Pizza Bagel Tomato Marinara Steamed Broccoli	14- Early Release Ham and Cheese Melt Alt: Turkey Sandwich Fresh Veggie Cups Three Bean Salad	15 Breakfast Pancakes Alt: Buffalo Chicken Wrap Scrambled Eggs Herb Roasted Potatoes 	16 Southern Chicken & Biscuits Alt: Hummus & Pretzels Sweet Corn Steamed Greenbeans	17 Featured Salad Option: Chicken Caesar Pizza Selection Includes: Gill's Pizza or Pepperoni with Side Salad
4				
20 Grilled Cheese Sandwich Alt: Pizza Bagel Tomato & Basil Soup Cucumber Salad	21 Hamburger or Cheeseburger Alt: Turkey Sandwich Sliced Tomato & Lettuce Sweet Potato Wedges	22 Crunchy Beef Taco Alt: Buffalo Chicken Wrap Lettuce and Tomato Red Pepper Corn	23 Jamaican Jerk Chicken & Rice Alt: Hummus & Chips Spinach & Whitebeans Tropical Fruit Salsa	24 Featured Salad Option: Greek Salad Pizza Selection Includes: Veggie Pizza or Cheese Pizza with Side Salad
5				
27 Raviolis w/ Garlic Bread Alt: Pizza Bagel Steamed Broccoli Chickpea Salad	28 Turkey Burgers Alt: Turkey Sandwich Sweet Potato Wedges Apple-Cabbage Slaw	29 Sausage Egg Sandwich Alt: Buffalo Chicken Wrap Herb Roasted Potatoes Orange Wedges 	30 Bean or Chicken Burrito Alt: Hummus & Pretzels Western Corn Cowboy Black Beans	31 Featured Salad Option: South West Salad Pizza Selection Includes: Gill's Pizza or Pepperoni with Side Salad

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 Cereal



LUNCH CHOICE CHART

MEAL ALTERNATES

Monday-Thursday

Peanut Butter & Jelly
Yogurt & Crackers
Cheese Sandwich

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



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

Food Trivia

Pineapples contain an enzyme called 'bromelain' that is so effective at breaking down protein that they can mess with your taste buds if you eat the fruit freshly cut.

2016-17 Prices

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

This institution is an equal opportunity provider and employer.