



March 2019

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
<p>Icon Key:</p> <p> No Dairy or Dairy Free Optional</p> <p> Contains Pork</p> <p> Vegetarian Item</p>	<p>HARVEST of the MONTH</p> <p>D A I R Y</p>	<p>2018-2019 PRICES</p> <p>Student Breakfast \$0.00 Adult Breakfast \$2.25 Student Lunch \$2.85 Reduced Price Lunch \$0.00 Adult Lunch \$4.00 Milk or Juice \$0.50</p>	<p>CAMBRIDGE FOOD & NUTRITION SERVICES</p>	<p>1</p> <p>Featured Salad Option: Chicken Caesar Salad</p> <p>Pizza selection includes: French Bread or Pepperoni Pizza with Side Salad</p>
<p> 4</p> <p>Jamaican Beef Patty</p> <p>Alt: Chicken Caesar Wrap</p> <p>Red Beans & Rice Garlic Spinach Garden Side Salad</p>	<p> 5</p> <p>Puerto Rican Fricase de Pollo with rice</p> <p>Alt: Chicken Caesar Wrap</p> <p>Steamed Carrots Red Pepper Corn Garden Side Salad</p>	<p>6</p> <p>Latin-style Scrambled Eggs with flour tortilla</p> <p>Alt: Chicken Caesar Wrap</p> <p>Yucca Fries Mild Salsa Garden Side Salad</p>	<p> 7</p> <p>Bangladeshi Chicken Biryani with rice</p> <p>Alt: Chicken Caesar Wrap</p> <p>Warm Dinner Roll Garlic Green Beans Garden Side Salad</p>	<p> 8</p> <p>Featured Salad Option: Italian Panzanella Salad</p> <p>Pizza selection includes: Veggie, Cheese, or or Pepperoni Pizza with Side Salad</p>
<p>11</p> <p>Turkey Tacos</p> <p> Alt: Veggie Power Pack</p> <p>Red Pepper Corn Red Beans & Rice Garden Side Salad</p>	<p>12- Early Release Day</p> <p>Chef's Choice</p> <p> Alt: Veggie Power Pack</p> <p>with fruit and vegetable choice of the day Garden Side Salad</p>	<p>13</p> <p>Breakfast Egg Sandwich</p> <p> Alt: Veggie Power Pack</p> <p>Turkey Sausage Hashbrowns Garden Side Salad</p> <p></p>	<p>14</p> <p>Cheddar Macaroni & Cheese</p> <p> Alt: Veggie Power Pack</p> <p>Garlic Broccoli Three Bean Salad Garden Side Salad</p>	<p>15</p> <p>Featured Salad Option: Chef's Choice Salad</p> <p>Pizza selection includes: Personal Cheese or Pepperoni Pizza with Side Salad</p>
<p>18</p> <p>Barbeque Chicken Sandwich</p> <p> Alt: Buffalo Chicken Wrap</p> <p>Apple Cabbage Slaw Steamed Corn Garden Side Salad</p>	<p>19</p> <p>Turkey Club Sandwich</p> <p> Alt: Buffalo Chicken Wrap</p> <p>Ranch & Carrot Cups Lettuce & Tomato Cucumber Salad</p>	<p>20</p> <p>Herb Roasted Drumsticks</p> <p> Alt: Buffalo Chicken Wrap</p> <p>Seasoned Potato Wedges Garlic Spinach Garden Side Salad</p>	<p>21</p> <p> Mighty Meatball Sub</p> <p> Alt: Buffalo Chicken Wrap</p> <p>Mozzarella & Tomato Salad Garlic Broccoli Garden Side Salad</p>	<p>22</p> <p>Featured Salad Option: Southwest Salad</p> <p>Pizza selection includes: French Bread Pizza or Pepperoni Pizza with Side Salad</p>
<p>25</p> <p>Burger Bar: Beef or Veggie</p> <p> Alt: Turkey Sandwich</p> <p>Lettuce & Tomato Sweet Potato Wedges Pasta Salad</p>	<p>26</p> <p> Three Cheese Pasta Bake</p> <p> Alt: Turkey Sandwich</p> <p>Steamed Carrots Garlic Greenbeans Garden Side Salad</p>	<p>27</p> <p> Breakfast Pancakes</p> <p> Alt: Turkey Sandwich</p> <p>Scrambled Eggs Herb Roasted Potatoes Garden Side Salad</p> <p></p>	<p>28</p> <p>Southern Chicken w/ Roll</p> <p> Alt: Turkey Sandwich</p> <p>Sweet Corn Steamed Broccoli Garden Side Salad</p>	<p>29</p> <p>Featured Salad Option: Chicken Caesar Salad</p> <p>Pizza selection includes: Veggie, Cheese, or Pepperoni Pizza with Side Salad</p>

MEAL ALTERNATES

Monday - Thursday
 Peanut Butter & Jelly
 Yogurt & Crackers
 Cheese Sandwich
 Power Packs

LUNCH CHOICE CHART

ESSENTIALS

Daily
 Fresh Fruit
 1% White Milk
 Fat Free Chocolate Milk
 Fat Free Lactaid (by request)

SALAD BAR

3-5 Days/Week
 Varied Lettuce
 Shredded Cheese
 Tomatoes
 Cucumbers
 Beans

*Chocolate milk & juice can be restricted on your student's account.
 Call the Food & Nutrition office for further information.*

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.

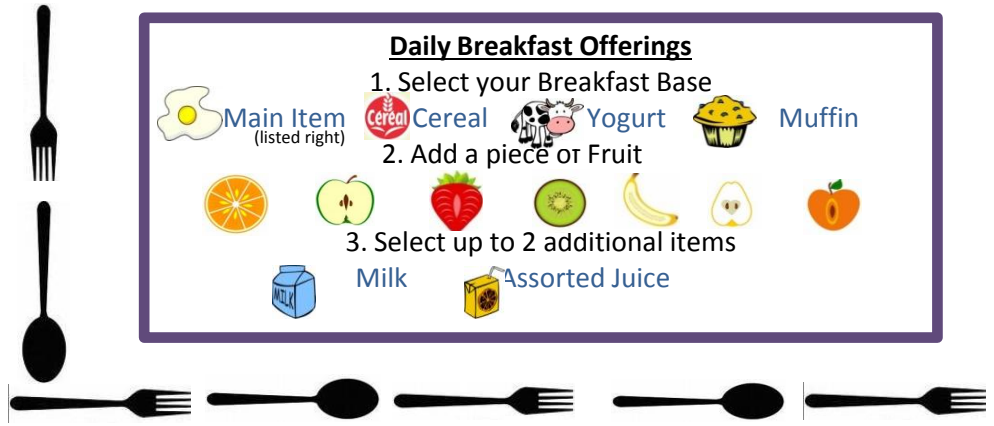
FRI: Panzanella: this Italian folk dish traditionally re-uses day old bread by soaking it in water and mixing it with garden vegetables.

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. Learn more at eatright.org.

Enjoy, and Eat well,

Melissa Honeywood, RDN









Daily Breakfast Offerings

1. Select your Breakfast Base
2. Add a piece of Fruit
3. Select up to 2 additional items

Main Item (listed right): Egg, Cereal, Yogurt, Muffin
 Additional items: Orange, Apple, Strawberry, Kiwi, Banana, Milk, Assorted Juice

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				
				
Fluffy Pancakes				
4	5	6	7	8
Celebrate National School Breakfast Week by 'Wheeling your Way' to school breakfast!				
{Not So Green} Egg & Ham Sandwich	Pancakes with Parents (Adults only \$1!)	Build Your Own Waffle Bar	Try It! New Breakfast Pizza	Flashback to Cinnamon Apple Oatmeal
11	12	13	14	15
French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes
18	19	20	21	22
French Toast Sticks	Zucchini Bread	Yogurt Parfait	Cinnamon Oatmeal	Fluffy Pancakes
25	26	27	28	29
French Toast Sticks	Breakfast Pizza	Waffles & Sausage	Warm Bagels	Fluffy Pancakes

This institution is an equal opportunity provider and employer.