



* 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	1 Breakfast Egg Sandwich Turkey Sausage Hash Browns Fruit Salad	2 Cheddar Mac and Cheese Steamed Broccoli Three Bean Salad	3 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
		6 Barbecue Chicken Apple-Cabbage Slaw Spinach & Whitebeans Corn Bread	7 Fish in' Chips LOCAL Potato Wedges Ranch Carrot Cups	8 Chicken Briyani with rice Warm Dinner Roll Tomato Cucumber Salad
13 Burger Bar: Beef or Veggie Lettuce & Tomato Sweet Potato Wedges Pasta Salad	Three Cheese Pasta Bake Steamed Carrots Garlic Green Beans	15- Early Release Day Chef Choice Day Fruit & Vegetable of the Day	16 Southern Chicken with Roll Sweet Corn Steamed Broccoli	17 Featured Salad Option: Chicken Caesar Salad Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
20 Grilled Cheese Sandwich Steamed Green Beans Cucumber Salad	Chili & Cheese Nachos Lettuce & Tomato Steamed Corn	Beef Taco Lettuce & Tomato Red Beans and Rice Red Pepper Corn	23 Jamaican Jerk Chicken with Rice Garlic Spinach Fruit Salad	24 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
27- No School Memorial Day No School	28 Chicken or Chickpea Cacciatore Steamed Broccoli Steamed Carrots	29 Sausage Egg Sandwich Herb Roasted Potatoes Orange Wedges	30 Burrito Bowl Bar Braised Chicken or Bean Filling Cowboy Black Beans Red Pepper Corn	31 Featured Salad Option: South West Salad Pizza Selection Includes: Personal Pizza or Pepperoni with Side Salad

MENU NOTES

LOCAL LOVE:

May's Harvest of the Month product has a double dose of local using fish caught right off the Boston coast coated in crunchy Cape Cod potato chips. The clever folks at North Coast call it: Fish 'in' Chips.



NEW & IMPROVED BREAKFAST:

Egg Breakfast Bowl- A layer of potatoes with scrambled eggs and cheese with a choice of toppings

Banana Split Parfaits- Fresh bananas with Vanilla yogurt and fruit toppings

Southern Biscuits and Gravy- Warm biscuits smothered with a gravy made from scratch with breakfast sausage

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: Did someone say Breakfast?!

This month, nutrition staff are celebrating the most important meal of the day - breakfast!

Join us every Friday for our first-ever Fantastic Friday School Breakfast series. Nutrition staff will have a specially crafted hot breakfast menu, fabulous giveaways, and taste parties at select schools. A complete meal - 3 items including a fruit or vegetable - is free for all Cambridge students.

Parents and staff are welcome to join students for only \$1 on Fridays. See what school breakfast is all about!

Enjoy, and Eat well,

Melissa Honeywood, RD

HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Seafood.

Did you Know?

A fish does not add new scales as it grows, but the scales it has increase in size. In this way, growth rings are formed and the rings reveal the age of a fish.

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 Yogurt Parfait	2 Breakfast Burrito	3 Egg Breakfast Bowl
6 French Toast Sticks	7 Waffles & Sausage	8 Egg & Cheese Sandwich	9 Warm Bagels	10 Banana Split Parfaits
13 French Toast Sticks	14 Zucchini Bread	15 Yogurt Parfait	16 Breakfast Burrito	17 Southern Biscuits & Gravy
2 French Toast Sticks	21 Waffles & Sausage	22 Egg & Cheese Sandwich	23 Warm Bagels	24 Fresh Baked Muffins
27 No School	28 Zucchini Bread	29 Yogurt Parfait	30 Breakfast Burrito	31 Waffle Bar

Daily Breakfast Offerings

1. Select your Breakfast Base
 Main Item (listed above)
 Cereal
 Yogurt
 Muffin
2. Add a piece of Fruit
3. Select up to 2 additional items
 Milk
 Juice

Prices 2018-19	Student Breakfast	FREE
	Adult Breakfast	\$2.25
Student Lunch	\$2.85	
Reduced Price Lunch	FREE	
Adult Lunch	\$4.00	
Milk	\$0.50	

This institution is an equal opportunity provider and employer.