



# May 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	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  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	14 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	21 Chili & Cheese Nachos  Lettuce & Tomato Steamed Corn	22 Beef Taco  Lettuce & Tomato Red Beans and Rice Red Pepper Corn	23 Jamaican Jerk Chicken with Rice  Garlic Spinach Fruit Salad	24 Chef Choice Salad 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 Cheese 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:

**Southern Biscuits N' Gravy** - Warm biscuits smothered in a gravy made from scratch with breakfast sausage

**Parfait Bar** - Yogurt and granola with pick-your-own selection of fruit

**Waffle Bar** - Warm waffles with pick-your-own selection of fruit

### 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 Monday for our first-ever Marvelous Monday School Breakfast series. Nutrition staff will have a specially crafted hot breakfast menu, fabulous giveaways, and new food items. A complete meal - 3 items including a fruit or vegetable - is free for all Fletcher Maynard students.

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Warm Banana Bread	Egg & Cheese Sandwich	Fluffy Warm Pancakes
6	7	8	9	10
Southern Biscuits N' Gravy	Blueberry Muffins	Yogurt & Goldfish Grahams	Warm Zucchini Bread	Fluffy Warm Pancakes
13	14	15	16	17
Build Your Own Parfait Bar	Apple Cinnamon Muffins	Fruit Filled Granola Bar	Egg & Cheese Sandwich	Cereal Special Day
2	21	22	23	24
Build Your Own Waffle Bar	Chocolate Chip Muffins	Egg & Cheese Sandwich	Warm Banana Bread	Cornbread & cheddar Cheese
27	28	29	30	31
No School	Blueberry Muffins	Yogurt & Goldfish Grahams	Warm Zucchini Bread	Fluffy Warm Pancakes

### 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

### Daily Breakfast Offerings

1. Select the Breakfast Base



2. Add a piece of Fruit



3. Grab your Drink



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