



May 2019

Cambridge Public Schools Upper School Menu

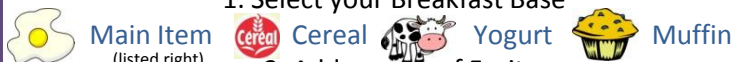


* Please notify the kitchen manager and Food Service office of any student allergies. Menu is subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Icon Key: No Dairy or Dairy Free Optional Contains Pork Vegetarian Item	FISH 	Breakfast Egg Sandwich Alt: Turkey Sandwich Turkey Sausage Hash Browns Fruit Salad	Cheddar Mac and Cheese Alt: Turkey Sandwich Steamed Broccoli Three Bean Salad	Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
6	7- Teacher Appreciation Day	8	9	10
Barbecue Chicken Alt: Chicken Caesar Wrap Apple-Cabbage Slaw Spinach & Whitebeans Corn Bread	Fish 'in' Chips Alt: Chicken Caesar Wrap Potato Wedges Ranch Carrot Cups	Chicken Biryani with Rice Alt: Chicken Caesar Wrap Warm Dinner Roll Tomato Cucumber Salad	Spaghetti w/ Meat Sauce Alt: Chicken Caesar Wrap Steamed Broccoli Steamed Carrots	Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
13	14	15- Early Release Day	16	17
Burger Bar: Beef or Veggie Alt: Veggie Power Pack Lettuce & Tomato Sweet Potato Wedges Veggie Pasta Salad	Three Cheese Pasta Bake Alt: Veggie Power Pack Steamed Carrots Garlic Greenbeans	Chef's Choice Lunch with fruit and vegetable of the day	Southern Chicken w/ Roll Alt: Veggie Power Pack Sweet Corn Steamed Broccoli	Featured Salad Option: Chicken Caesar Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
20	21	22	23	24
Grilled Cheese Sandwich Alt: Buffalo Chicken Wrap Steamed Green Beans Cucumber Salad	Chili & Cheese Nachos Alt: Buffalo Chicken Wrap Lettuce and Tomato Steamed Corn	Beef Taco Alt: Buffalo Chicken Wrap Lettuce and Tomato Red Beans and Rice Red Pepper Corn	Jamaican Jerk Chicken & Rice Alt: Buffalo Chicken Wrap Garlic Spinach Fruit Salad	Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Cheese Pizza with Side Salad
27- No School	28	29	30	31
Memorial Day No School	Chicken or Chickpea Cacciatore Alt: Veggie Hummus Wrap Steamed Broccoli Steamed Carrots	Sausage Egg Sandwich Alt: Veggie Hummus Wrap Herb Roasted Potatoes Orange Wedges	Burrito Bowl Bar Alt: Veggie Hummus Wrap Braised Chicken or Bean Filling Cowboy Black Beans Red Pepper Corn	Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese Pizza or Pepperoni with Side Salad

Daily Breakfast Offerings

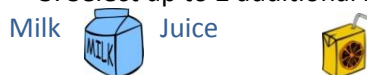
1. Select your Breakfast Base



2. Add a piece of Fruit



3. Select up to 2 additional items



Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Yogurt Parfait	Breakfast Burrito	Egg Breakfast Bowl
6	7	8	9	10
French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Banana Split Parfaits
13	14	15	16	17
French Toast	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Biscuits and Gravy
20	21	22	23	24
French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fresh Baked Muffins
27	28	29	30	31
No School	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Waffle Bar

LUNCH CHOICE CHART

MEAL ALTERNATES

Monday-Thursday

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

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

Chef Notes: Breakfast Boosters!

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 testing parties at select schools. 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

Food Facts

Apricot-plum hybrids commonly called pluots have many varieties with awesome names like Dapple Dandy, Flavorosa, and Flavor Queen

2018-19 Prices

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.