



* 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- Early Release Day Carribbean Jerk Chicken & Rice Kale & Whitebeans Fruit Salad Garden Side Salad	2 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
5 Coconut Crusted Redfish with Rice Steamed Carrots Corn and Pepper Succotash	6- Election Day Chicken or Chickpea Cacciatore Whole Grain Pasta Steamed Broccoli Garden Side Salad	7 Sausage Egg and Cheese Sandwich Roasted Potatoes Fruit Salad Garden Side Salad	8 Burrito Bowl Bar Turkey or Bean Red Pepper Corn Cowboy Black Beans Garden Side Salad	9 Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
12 Veterans' Day (Observed) No School	13 Turkey Club with Lettuce & Tomato Ranch Carrot Cups Cucumber Salad Garden Side Salad	14 Herb Roasted Chicken with Dinner Roll Maple Roast Squash Green Beans Garden Side Salad	15 Spaghetti with Meat Sauce Mozzarella Salad Garlic Broccoli Garden Side Salad	16 Featured Salad Option: Chicken Caesar Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
19 All Beef Hotdog Sweet Potato Fries Baked Beans	20 French Toast Scrambled Eggs Strawberry Cup Hashbrowns	21- Early Release Day Chef Choice Day Fruit & Vegetable of the Day	22- No School 23- No School Thanksgiving Day No School	
26 Southwest Soup Cheesy Texas Toast Ranch Carrot Cups	27 Crispy Fish Tacos with Seasoned Rice Corn & Bean Salad Tomato Salsa Garden Side Salad	28 Breakfast Egg Sandwich Turkey Sausage Hashbrowns Garden Side Salad	29 Cheddar Macaroni and Cheese Steamed Broccoli Three Bean Salad Garden Side Salad	30 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad

MENU NOTES

LOCAL LOVE:
 - As we head into the Harvest season we have a lot of local veggies to make us thankful. Try our locally grown Kale offered with the Jamaican Jerk chicken. Or try the Maple Roasted Squash for a true New England flavor.



NEW & IMPROVED:
 - The French Toast Sticks we offer at breakfast are one of our best sellers, so we decided to offer it as a brunch option before the holiday break.

- With the early release day before Thanksgiving Break, our school chef's will be cooking up lunch specials of their choice. Call ahead for specifics.

- ### 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

Breakfast!

Chef Notes: Being Thankful

It is the time of year when we are encouraged to look back and reflect on what we have in our lives for which we should give thanks.

I am truly thankful for the kind, thoughtful, hard working people that I work with in the Food & Nutrition Department. Many of the folks I work with show their love through preparing and serving food.

Show someone you're thankful by preparing them a special meal. If you're not a confident chef, take time with friends or family to collect and donate food to your local food bank or offer your time at a soup kitchen. It's a fun way to be together and give back to the community.

Enjoy, and Eat well,

Mellissa Honeywood, RD



This month Cambridge will be offering fresh locally sourced Kale.

Did you Know?

Kale has been grown for over 2,000 years. Thought to have originated in Asia or the Eastern Mediterranean, it became a staple crop in colder climates.

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 Warm Banana Bread	2 Cornbread & cheddar Cheese
5 Apple Cinnamon Oatmeal	6 Blueberry Muffins	7 Yogurt & Goldfish Grahams	8 Warm Zucchini Bread	9 Sausage & Egg Sandwich
12 No School	13 Apple Cinnamon Muffins	14 Fruit Filled Granola Bar	15 Egg & Cheese Sandwich	16 Cereal Special Day
19 Bagel with Cream Cheese	20 Chocolate Chip Muffins	21 Fruit and Yogurt Parfait	22 No School	23 No School
26 Apple Cinnamon Oatmeal	27 Blueberry Muffins	28 Yogurt & Goldfish Grahams	29 Warm Zucchini Bread	30 Sausage & Egg Sandwich

Prices 2016-17	Student Breakfast	\$1.00
	Reduced Price Breakfast	\$0.00
	Adult Breakfast	\$2.25
	Student Lunch	\$2.85
	Reduced Price Lunch	\$0.00
	Adult Lunch	\$4.00
Milk	\$0.50	

Daily Breakfast Offerings

- Select the Breakfast Base
- Add a piece of Fruit
- Grab your Drink

This institution is an equal opportunity provider and employer.