
































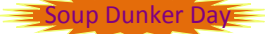











November 2018

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- Early Release	2
 HARVEST of the MONTH KALE	Icon Key:  No Dairy or Dairy Free Optional  Contains Pork  Vegetarian Item		 Jamaican Jerk Chicken & Rice Alt: Crunch Lunch Power Pack Local Kale & White Beans Fruit Salad	Featured Salad Option: Chef Choice Salad Pizza Selection Includes:  Veggie Pizza  or Cheese Pizza with Side Salad
5	6- Election Day 	7	8	9
Coconut Crusted Redfish  Alt: Buffalo Chicken Wrap Steamed Carrots Corn and Pepper Succotash	Chicken or Chickpea Cacciatore  Alt: Buffalo Chicken Wrap Whole Grain Pasta Garlic Broccoli	Sausage Egg Sandwich  Alt: Buffalo Chicken Wrap Herb Roasted Potatoes Orange Wedges 	Burrito Bowl Bar  Alt: Buffalo Chicken Wrap  Turkey 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
12- No School	13	14	15	16
Veterans' Day No School 	Deli Style Turkey Club Alt: Chicken Caesar Wrap Ranch Carrot Cups Cucumber Coins	 Roasted Chicken with Roll Alt: Chicken Caesar Wrap Maple Roast Squash Green Beans	 Spaghetti with Meat Sauce Alt: Chicken Caesar Wrap Mozzarella Salad Garlic Broccoli	Featured Salad Option: Chicken Caesar Pizza Selection Includes:  French Bread Pizza  or Pepperoni with Side Salad
19	20	21- Early Release	22- No School	23- No School
 All Beef Hotdog  Alt: Turkey Sandwich Sweet Potato Fries Baked Beans	 French Toast Sticks Alt: Turkey Sandwich Scrambled Eggs Strawberry Cup Hashbrowns	Chef's Choice Lunch with fruit and vegetable of the day	Thanksgiving Break  No School 	
26	27	28	29	30
 Rustic Southwest Soup  Alt: Hummus Veggie Wrap  Cheesy Texas Toast Ranch Carrot Cups	 Crispy Fish Tacos with Rice  Alt: Hummus Veggie Wrap Corn & Bean Salad Fresh Tomato Salsa	 Breakfast Egg Sandwich  Alt: Hummus Veggie Wrap  Turkey Sausage Hash Browns Fruit Salad	 Cheddar Mac and Cheese  Alt: Hummus Veggie Wrap Steamed Broccoli Three Bean Salad	Featured Salad Option: Chef Choice Salad Pizza Selection Includes:  Veggie Pizza  or Pepperoni with Side Salad

Daily Breakfast Offerings

1. Select your Breakfast Base

Main Item (listed right): Cereal Yogurt Muffin

2. Add a piece of Fruit

3. Select up to 2 additional items

Milk Juice Cereal



LUNCH CHOICE CHART

MEAL ALTERNATES Monday-Thursday	ESSENTIALS Daily	SALAD BAR 3-5Days/Week
Peanut Butter & Jelly	Fresh Fruit	Green Leaf Lettuce
Yogurt & Crackers	1% White Milk	Romaine Lettuce
Cheese Sandwich	Fat Free Chocolate Milk	Shredded Cheese
Power Packs	Fat Free Lactaid (by request)	Tomatoes
		Cucumbers
		Beans

	Monday	Tuesday	Wednesday	Thursday	Friday
B r e a k f a s t				1	2
				Warm Bagels	Fluffy Pancakes
	5	6	7	8	9
	French Toast Sticks	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
	12	13	14	15	16
	No School	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes
	19	20	21	22	23
	French Toast Sticks	Zucchini Bread	Yogurt Parfait	No School	No School
	26	27	28	29	30
	French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes

Chef Notes: Giving Thanks

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 to a soup kitchen. It's a fun way to be together and give back to the community.

Enjoy, and Eat well,

Mellissa Honeywood, RD

Food Trivia

Did you know the clementine can be referred to as the Christmas Orange because their growing season is from November to January?

2018-19 Prices

Student Breakfast	\$1.00
Reduced Price Breakfast	\$0.30
Adult Breakfast	\$2.25
Student Lunch	\$2.85
Reduced Price Lunch	\$0.40
Adult Lunch	\$4.00
Milk	\$0.50

This institution is an equal opportunity provider and employer.