



# October 2018

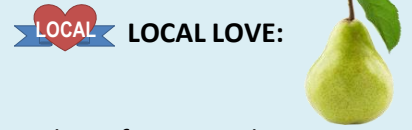
# Cambridge Public Schools Elementary Menu



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 All Beef Hotdog  Sweet Potato Fries Baked Beans	2 Turkey Club with Lettuce & Tomato  Ranch Carrot Cups Cucumber Salad	3 Herb Roasted Chicken with Dinner Roll  Maple Roast Squash Green Beans Garden Side Salad	4 Spaghetti with Meat Sauce  Mozzarella Salad Garlic Broccoli Garden Side Salad	5 Featured Salad Option: Chicken Caesar Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
8 Indigenous People's Day  No School	9 Crispy Fish Tacos  Corn & bean Salad Tomato Salsa	10 Breakfast Pancakes  Scrambled Eggs Roasted Potatoes Garden Side Salad	11 Cheddar Macaroni and Cheese  Steamed Broccoli Three Bean Salad Garden Side Salad	12 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Gill's Cheese or Pepperoni with Side Salad
15- School Lunch Week!	16- School Lunch Week!	17- School Lunch Week!	18- School Lunch Week!	19- School Lunch Week!
BBQ Chicken Sandwich  Apple-Cabbage Slaw Sweet Potato Wedges	Jamaican Beef Patty  Red Beans & Rice Garlic Spinach	Chicken Biryani with Rice  Warm Dinner Roll Tomato & Cucumbers Garden Side Salad	Mighty Meatball Sub  Steamed Broccoli Steamed Carrots Garden Side Salad	Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
22 Burger Bar: Beef Cheese, or Veggie	23 Three Cheese Pasta Bake  Steamed Carrots Garlic Greenbeans	24- Early Release Day Chef Choice Day  Fruit & Vegetable of the Day	25 Southern Chicken with Dinner Roll  Sweet Corn Steamed Broccoli Garden Side Salad	26 Featured Salad Option: Chicken Caesar Pizza Selection Includes: Gill's Cheese or Pepperoni with Side Salad
29 Grilled Cheese  Tomato & Basil Soup Cucumber Salad	30 Chili & Cheese Nacho Bowl  Lettuce and Tomato Steamed Corn	31 Beef Tacos  Red Pepper Corn Lettuce and Tomato Red Beans & Rice Garden Side Salad	Icon Key: No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item	Make your plate count by selecting 3-5 menu items. You must take at least one Fruit or Vegetable!

## MENU NOTES



- Look out for Massachusetts grown Pears as part of the Harvest of the month.

**NEW & IMPROVED:**  
- Keep an eye out for National School Lunch Week Celebrations in your school!  
- Check with your school kitchen to get a heads up on what will be offered Oct 24th- Chef's Choice Day.

- We're introducing the Jamaican Beef Patty as a new menu item on Tuesday, October 16th to add some excitement to National School Lunch week. Come through the line and tell us what you think!

### 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: National School Lunch Week

National School Lunch Week is a week-long celebration in October (15-19th) that gives us the ability to show off the secrets that make school lunch a success!

The National School Lunch Program is available for more than 30 million children every school day, and over 7,000 children in Cambridge.

Cambridge has the unique opportunity of partnering with local farmers to bring students fresh foods, collaborating with CitySprouts to grow on-site school gardens, and teaming up with the health department to feature new recipe tastings voted on by students. There is so much to love about school meals, and our staff love sharing what they make with students every day!

Be well and Eat well,

*Melissa Honeywood, RD*

## HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Pears.

### Did you Know?

A medium sized pear packs 6 grams of fiber, which is roughly 1/4 of the recommended daily intake!

**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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
French Toast Sticks	Waffles and Sausage	Warm Cinnamon Oatmeal	Warm Bagels	Fluffy Warm Pancakes
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>No School</b>	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
French Toast Sticks	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Warm Pancakes
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
<b>30</b>	<b>31</b>			
French Toast Sticks	Waffles and Sausage			

Prices 2018-19	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	

### Daily Breakfast Offerings

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

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