



October 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 All Beef Hotdog Alt: Buffalo Chicken Wrap Sweet Potato Fries Baked Beans	2 Deli Style Turkey Club Alt: Buffalo Chicken Wrap Ranch Carrot Cups Cucumber Salad	3 Roasted Chicken with Roll Alt: Buffalo Chicken Wrap Local Roast Squash Green Beans	4 Spaghetti with Meat Sauce Alt: Buffalo Chicken Wrap Mozzarella Salad Garlic Broccoli	5 Featured Salad Option: Chicken Caesar Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad	
8- No School	9 Crispy Fish Tacos with Rice Alt: Chicken Caesar Wrap Corn & Bean Salad Fresh Tomato Salsa	10 Breakfast Pancakes Alt: Chicken Caesar Wrap Scrambled Eggs Herb Roasted Potatoes 	11 Cheddar Mac and Cheese Alt: Chicken Caesar Wrap Steamed Broccoli Three Bean Salad	12 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Gill's Cheese Pizza 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!	
Barbecue Chicken Sandwich Alt: Turkey Sandwich Apple-Cabbage Slaw Sweet Potato Wedges	Jamaican Beef Patty Alt: Turkey Sandwich Red Beans and Rice Garlic Spinach	Chicken Biryani with Rice Alt: Turkey Sandwich Warm Dinner Roll Tomato Cucumber Salad	Mighty Meatball Sub Alt: Turkey Sandwich Steamed Broccoli Steamed Carrots	Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad	
22 Burger Bar: Beef or Veggie Alt: Hummus Veggie Wrap Lettuce & Tomato Sweet Potato Wedges Pasta Salad	23 Three Cheese Pasta Bake Alt: Hummus Veggie Wrap Steamed Carrots Garlic Greenbeans	24- Early Release Day Chef Choice Menu Fruit & Vegetable of the day	25 Southern Chicken w/ Roll Alt: Hummus Veggie Wrap Sweet Corn Steamed Broccoli	26 Featured Salad Option: Chicken Caesar Pizza Selection Includes: Gill's Cheese Pizza or Pepperoni with Side Salad	
29 Grilled Cheese Sandwich Alt: Crunch Lunch Power Pack Tomato & Basil Soup Cucumber Salad	30 Chili & Cheese Nachos Alt: Crunch Lunch Power Pack Lettuce and Tomato Steamed Corn	31 Beef Taco Alt: Crunch Lunch Power Pack Lettuce and Tomato Red Beans and Rice Red Pepper Corn	Icon Key: No Dairy or Dairy Free Optional Contains Pork Vegetarian Item		
				Make your lunch count, select 3-5 menu items. You must take at least 1 fruit or vegetable!	

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



	Monday	Tuesday	Wednesday	Thursday	Friday
B r e a k f a s t	1	2	3	4	5
	French Toast Sticks	Waffles & Sausage	Cinnamon Oatmeal	Warm Bagels	Fluffy Pancakes
	8	9	10	11	12
	No School	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
	15	16	17	18	19
	French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes
	22	23	24	25	26
	French Toast Sticks	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
	29	30	31		
	French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich		

LUNCH CHOICE CHART

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

Chef Notes: National School Lunch Week

National School Lunch Week is a week-long celebration in October (15th-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!

Enjoy, and Eat well,

Melissa Honeywood, RD

Food Trivia

Bananas are intentionally picked green (unripened) because their flavor develops more fully when off of the plant.



**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.