

















Cambridge Public Schools

Elementary Lunch Menu



2010

Monday	Tuesday	Wednesday	Thursday	Friday												
<p>1 Baked Chicken Patty on a Bun Lettuce & Tomato Baked Local Squash Mixed Fruit Fresh Fruit Milk</p> 	<p>2 Macaroni/Beef & Tomatoes Wheat Bread Carrots Pears Fresh Fruit Milk</p>	<p>3 Grilled Cheese Marie's Haitian Soup Peaches Fresh Fruit Milk Alternate Veggie Burger</p> 	<p>4 Tuna Salad Sandwich Homemade Lentil Soup Baked Nacho Chips Jell-o Fresh Fruit Milk</p> 	<p>5 Cheese Pizza Pepperoni Pizza or Chicken Caesar Salad Fresh Green Salad Fresh Fruit Milk</p> 												
<p>8 Cheeseburger on a Bun Baked Sweet Potato Fries Apple Slices Fresh Fruit Milk</p> 	<p>9 Macaroni & Cheese Crunchy Broccoli with Dip Mixed Fruit Fresh Fruit/ Milk Elementary Early Release Day</p>	<p>10 Jumbo Taco Lettuce, Tomato & Cheese Peas Peaches/ Fresh Fruit Milk Alternate Veggie Burger</p> 	<p>11 Turkey Hot Dog On a Roll Vegetarian Baked Beans Pineapple Chunks Fresh Fruit Milk</p> 	<p>12 Cheese Pizza Pepperoni Pizza or Chicken Caesar Salad Fresh Green Salad Fresh Fruit Milk</p> 												
<p>15 Meatball Sub Carrots Pretzels Mixed Fruit Fresh Fruit Milk</p> 	<p>16 Breakfast for Lunch French toast sticks w/Syrup Sausage Potato Puffs Apple Sauce Fresh Fruit Milk</p>	<p>17 Holiday No School</p> 	<p>18 Chicken Cacciatore Wheat Bread Peaches Fresh Fruit Milk</p>	<p>19 Cheese Pizza Pepperoni Pizza or Chicken Caesar Salad Fresh Green Salad Fresh Fruit Milk</p> 												
<p>22 Baked Chicken Nuggets Wheat Bread Peas Peaches Fresh Fruit Milk</p>	<p>23 Grilled Chicken Fajitas Peppers & Onions Spanish Brown Rice Pineapple Chunks Fresh Fruit Milk</p> 	<p>24 Vegetarian Chili Spanish Rice Green Beans Pears/ Fresh Fruit Milk Alternate Veggie Burger</p> 	<p>25 Fresh Roasted Turkey Mashed Potatoes Carrots Jell-o Fresh Fruit Milk</p>	<p>26 Cheese Pizza Pepperoni Pizza or Chicken Caesar Salad Fresh Green Salad Fresh Fruit Milk</p> 												
<p>29 Baked Chicken Patty on a Bun Lettuce & Tomato Apple Slices Fresh Fruit Milk</p>	<p>30 Jumbo Taco Lettuce, Tomato & Cheese Corn Peaches Fresh Fruit Milk</p> 	<p>31 Spaghetti w/ Meat Sauce Wheat Bread Green Beans Fresh Fruit/ Milk Alternate Veggie Burger</p> 	<p>Meal prices:</p> <table> <tr> <td>Breakfast</td> <td>\$1 .00</td> </tr> <tr> <td>Reduced</td> <td>\$.30</td> </tr> <tr> <td>Lunch</td> <td>\$ 2.50</td> </tr> <tr> <td>Reduced</td> <td>\$.40</td> </tr> <tr> <td>Milk</td> <td>\$.35</td> </tr> <tr> <td>Reduced</td> <td>\$.25</td> </tr> </table>	Breakfast	\$1 .00	Reduced	\$.30	Lunch	\$ 2.50	Reduced	\$.40	Milk	\$.35	Reduced	\$.25	<p>6oz Orange or Apple Juice available at all meals Choices of milk are: Skim, 1%, and Low Fat Chocolate Lactaid milk available upon request</p>
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ALTERNATES FOR THE MONTH: PB*, PB & J SANDWICH*, PB & FLUFF SANDWICH* (Tuesday & Thursday Only)

or 2-4oz YOGURTS W/ GRAHAM CRACKERS or A CHEESE SANDWICH

* DEPENDING ON AVAILABILITY, SANDWICHES MAY CONTAIN PEANUT BUTTER OR SUNFLOWER BUTTER

ALL STUDENTS ARE WELCOME TO ALL FRUITS AND VEGETABLES - - MENU SUBJECT TO CHANGE

FRESH FRUIT: Apples, Bananas, Oranges and Pears - Seasonal fruit when available.

Questions or comments please call Jack Mingle or Dan Evans @ (617) 349-6858 E-mail: Jmingle@CPSD.US

