
















Cambridge Public Schools

Elementary Lunch Menu



2010

Monday	Tuesday	Wednesday	Thursday	Friday
MEAL PRICES: Breakfast \$ 1.00 Reduced \$.30 Lunch \$ 2.50 Reduced \$.40 Milk \$.35 Reduced \$.25	6oz Orange or Apple Juice available at all meals Choices of milk are: Skim, 1%, and Lactaid milk available upon request	1 No School	2 No School	3 No School
6 Holiday No School Labor Day	7 Baked Chicken Nuggets Wheat Bread Green Beans Pineapple Fresh Fruit Milk "First Day of School"	8 Spaghetti w/ Meat Sauce Wheat Bread Carrots Pears/ Fresh Fruit Milk Alternate Veggie Burger	9 Holiday No School First Day of Rosh Hashanah	10 Cheese Pizza Pepperoni Pizza or Chicken Caesar Salad Fresh Green Salad Fresh Fruit Milk 
13 Baked Chicken Patty on a Bun Lettuce & Tomato Baked Sweet Potato Fries Fresh Fruit Milk 	14 Grilled Chicken Fajitas Peppers & Onions Spanish Brown Rice Fresh Fruit Milk 	15 Breakfast for Lunch French Toast Sticks w/ Syrup, Sausage Potato Puffs Apple Sauce/ Milk Alternate Veggie Burger	16 TexMex Lasagna Wheat Bread Carrots Apple Slices Fresh Fruit Milk 	17 Cheese Pizza Pepperoni Pizza or Chicken Caesar Salad Fresh Green Salad Fresh Fruit Milk 
20 Vegetarian Chili Spanish Brown Rice Corn Peaches Fresh Fruit Milk 	21 Grilled Cheese Marie's Haitian Soup Carrots Jell-o Fresh Fruit Milk Elementary Early Release	22 Macaroni & Cheese Crunchy Broccoli with Dip Peaches/ Fresh Fruit Milk Alternate Veggie Burger 	23 Jumbo Taco Lettuce, Tomato & Cheese Corn Pineapple Chunks Fresh Fruit Milk 	24 Cheese Pizza Pepperoni Pizza or Chicken Caesar Salad Fresh Green Salad Fresh Fruit Milk 
27 Cheeseburger on a Bun Baked Local Squash Pears Fresh Fruit Milk  	28 Chicken Cacciatore Wheat Bread Peaches Fresh Fruit Milk 	29 Turkey Hot Dog on a Roll Vegetarian Baked Beans Zingy Corn & Bean Salad Fresh Fruit/ Milk Alternate Veggie Burger 	30 Tuna Salad on a Bun Marie's Haitian Soup Baked Nacho Chips Apple Slices Fresh Fruit Milk 	Massachusetts Harvest for Students Week! September 27st - October 1st  Cambridge students can enjoy "Local" fresh fruits & vegetables from "Local Farms"

ALTERNATES FOR THE MONTH: PB, PB & J SANDWICH or 2- 4 oz YOGURTS W/ GRAHAM CRACKERS or A CHEESE SANDWICH

PB & FLUFF SANDWICH (Tuesday & Thursday Only)

F.Y.I.
 "Local" fruits & vegetables are served frequently every month.

MENU SUBJECT TO CHANGE

ALL STUDENTS ARE WELCOME TO ALL FRUITS AND VEGETABLES

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

