



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Icon Key: No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item</p>				<p>1</p> <p>Featured Salad Option: Chicken Caesar</p> <p>Pizza Selection: French Bread Pizza or Pepperoni with Side Salad</p>
<p>4</p> <p>V Grilled Cheese Sandwich</p> <p>Tomato & Basil Soup Cucumber Salad</p>	<p>5</p> <p>V Chili & Cheese Nacho Bowl</p> <p>Lettuce and Tomato Steamed Corn</p>	<p>6</p> <p>N Beef Tacos</p> <p>Red Pepper Corn Lettuce and Tomato Red Beans & Rice Garden Side Salad</p>	<p>7</p> <p>N Carribean Jerk Chicken w/ Rice Spinach & White Beans Fruit Salad Garden Side Salad</p>	<p>8</p> <p>Featured Salad Option: Chef Choice Salad</p> <p>Pizza Selection: V Veggie, Cheese, or Pepperoni Pizza with Side Salad</p>
<p>11</p> <p>Coconut Crusted Redfish w/ Rice</p> <p>Steamed Peas Corn and Pepper Succotash</p> <p>18- No School</p>	<p>12</p> <p>Chicken or Chickpea Cacciatore V</p> <p>Three Bean Salad Steamed Carrots</p> <p>19- No School</p>	<p>13</p> <p>Sausage Egg and Cheese Sandwich</p> <p>Roasted Potatoes Fruit Salad Garden Side Salad</p> <p>20- No School</p>	<p>14</p> <p>N Spaghetti with Meat Sauce</p> <p>Mozzarella Salad V Garlic Broccoli Berry Spinach Salad</p> <p>21- No School</p>	<p>15</p> <p>Featured Salad Option: V South West Salad</p> <p>Pizza Selection: V Personal Cheese or Pepperoni Pizza with Side Salad</p> <p>22- No School</p>

February Vacation!

25	26	27	28
<p>All Beef Hotdog N</p> <p>Sweet Potato Fries Baked Beans</p>	<p>N Crispy Fish Tacos w/ seasoned Rice</p> <p>Corn & Bean Salad Tomato Salsa Shredded Cabbage</p>	<p>N Roasted Chicken w/ Dinner Roll</p> <p>Maple Roast Squash Green Beans Garden Side Salad</p>	<p>Burrito Bowl w/ Rice N Chicken or Bean V</p> <p>Red Pepper Corn Cowboy Black Beans Garden Side Salad</p>

MENU NOTES

BERRY MUCH IN LOVE:

Celebrate the season of love with strawberries on Valentine's Day. Be swept off your feet with a bed of spinach, feta cheese, and a sweet bite of strawberries, covered in a balsamic vinaigrette dressing. You'll be falling in love with this salad at first sight!



FROM CATCH IN TO KITCHEN:

Be on the lookout for a meet & greet with Red's Best fisherman during the last week of February at select schools!



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: *Tis the Season to be Cheesy*

Valentine's Day is notorious for red hearts, chocolate, and expresions of affection through clever word play.

With that:

We'd like to take this *THYME* to *EGG*splain why we're *NUTS* about serving healthy food. The students of Cambridge *LETTUCE* have the honor of feeding them each day. We get a warm and *TOASTY* feeling watching the students enjoy a meal made with love. You *FETA* believe our staff aren't here for the *DOUGH*, they come to school because they are *BERRY* committed to feeding students well. *ORANGE* you glad you eat school meals? We hope this message *WHISKED* you off your feet. Enjoy, and Eat well,

Melissa Honeywood, RDN

HARVEST of the MONTH



Did you Know?

Winter squash has loads of vitamin A which helps keep your eyes healthy and improve night vision. Other edible parts of squash plants include seeds, shoots, leaves, and blossoms.

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fluffy Warm Pancakes
4	5	6	7	8
French Toast Sticks	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Warm Pancakes
11	12	13	14	15
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
18	19	20	21	22
No School	No School	No School	No School	No School
25	26	27	28	
French Toast Sticks	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	

Prices 2018-19

Student Breakfast	\$0.00
Adult Breakfast	\$2.25
Student Lunch	\$2.85
Reduced Price Lunch	\$0.00
Adult Lunch	\$4.00
Milk	\$0.50

Daily Breakfast Offerings

1. Select your Breakfast Base

Main Item (listed above) Cereal Yogurt Muffin

2. Add a piece of Fruit

3. Select up to 2 additional items

Milk Juice

This institution is an equal opportunity provider and employer.