



February 2019

Cambridge Public Schools

Fletcher Maynard Menu



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> </div> <div style="width: 60%;"> <p>Icon Key:</p> <p> No Dairy, or Dairy Free Optional</p> <p> Contains Pork</p> <p> Vegetarian Item</p> </div> </div>				
4	5	6	7	8
Grilled Cheese Sandwich Sandwich Tomato & Basil Soup Cucumber Salad	Chili & Cheese Nacho Bowl Lettuce and Tomato Steamed Corn	Beef Tacos Red Pepper Corn Lettuce & Tomato Red Beans & Rice Garden Side Salad	Carribbean Jerk Chicken w/ Rice Spinach & White Beans Fruit Salad Garden Side Salad	Featured Salad Option: Chicken Caesar Pizza Selection: French Bread Pizza or Pepperoni with Side Salad
11	12	13	14	15
Coconut Crusted Redfish w/ Rice Steamed Peas Corn and Pepper Succotash	Chicken or Chickpea Cacciatore Three Bean Salad Steamed Carrots	Sausage Egg and Cheese Sandwich Roasted Potatoes Fruit Salad Garden Side Salad	Spaghetti with Meat Sauce w/ bread Mozzarella Tomato Garlic Broccoli Strawberry Salad	Featured Salad Option: South West Salad Pizza Selection: Personal Cheese or Pepperoni Pizza with Side Salad
18- No School	19- No School	20- No School	21- No School	22- No School

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!



February Vacation!

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

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 expressions 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



This month Cambridge will be offering fresh locally sourced Butternut Squash.

Did you Know?

Squash, corn, and beans were staples of nearly every Native American tribe. The Iroquois called them "Three Sisters" because they help each other grow.

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 Cornbread & cheddar Cheese
4 French Toast Sticks	5 Blueberry Muffins	6 Yogurt & Goldfish Grahams	7 Warm Zucchini Bread	8 Sausage & Egg Sandwich
11 Bagel with Cream Cheese	12 Apple Cinnamon Muffins	13 Fruit Filled Granola Bar	14 Egg & Cheese Sandwich	15 Cereal Special Day
18 No School	19 No School	20 No School	21 No School	22 No School
25 Fluffy Scrambled Eggs	26 Chocolate Chip Muffins	27 Breakfast Burrito	28 Warm Banana Bread	

Prices 2016-17	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

- Select the Breakfast Base
 - Main Item** (listed above)
- Add a piece of Fruit
 -
- Grab your Drink
 - Milk** **Juice**

This institution is an equal opportunity provider and employer.