



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1- Winter Break Winter Break No School	2 All Beef Hotdog Sweet Potato Fries Baked Beans	3 Burrito Bowl w/ Rice Turkey or Bean Red Pepper Corn Cowboy Black Beans Garden Side Salad	4 Featured Salad Option: South West Salad Pizza Selection Includes: Personal Pizza or Pepperoni with Side Salad
7 Coconut Crusted Redfish with Rice Steamed Peas Corn and Pepper Succotash	8 Turkey and Cheese Melt Fresh Veggie Cups Three Bean Salad Garden Side Salad	9 Herb Roasted Chicken with Dinner Roll Maple Roast Squash Green Beans Garden Side Salad	10 Spaghetti with Meat Sauce & Bread Mozzarella Salad Garlic Broccoli Garden Side Salad	11 Featured Salad Option: Chicken Caesar Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
14 Burger Bar: Beef Cheese, or Veggie Lettuce and Tomato Sweet Potato Wedges Bean & Pasta Salad	15 Crispy Fish Tacos with Seasoned Rice Corn & Bean Salad Tomato Salsa Shredded Cabbage	16 Breakfast Egg Sandwich Turkey Sausage Hashbrowns Garden Side Salad	17 Cheddar Macaroni and Cheese Steamed Broccoli Three Bean Salad Garden Side Salad	18 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
21 Dr. M.L. King Day LET FREEDOM RING No School	22 Barbeque Chicken Corn Bread Apple-Cabbage Slaw Potato Wedges Garden Side Salad	23 Chicken Biryani with Rice Warm Dinner Roll Tomato & Cucumbers Garden Side Salad	24 Mighty Meatball Sub Steamed Broccoli Steamed Carrots Garden Side Salad	25 Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
28 Jamaican Beef Patty Red Bean and Rice Garlic Spinach	29 Three Cheese Pasta Bake Steamed Carrots Garlic Greenbeans Garden Side Salad	30 Breakfast Pancakes Scrambled Eggs Roasted Potatoes Garden Side Salad	31 Southern Chicken with Dinner Roll Sweet Corn Steamed Broccoli Garden Side Salad	Icon Key: No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item

MENU NOTES

LOCAL LOVE:

Cambridge is quite privileged to be located near such a robust seafood industry. This month we're featuring locally sourced seafood from two different producers. On Monday, the 7th, we're offering a fan favorite of the Coconut Crusted Redfish (aka: Atlantic Perch) from North Coast Seafoods. On Tuesday, the 15th, we're using the catch of the day from Red's Best to make our fresh and crispy Fish Tacos. Some schools will have promotional materials on site so you can learn more about the fishermen that work hard to bring healthy seafood from the New England shore to our students.



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

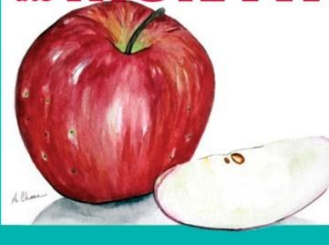
Chef Notes: Breakfast: A Healthy Start

It's a new year, and a great time to highlight our new free breakfast program. The City of Cambridge has partnered with the school department to expand free breakfast to all schools. Each breakfast comes with a choice of fresh fruit and/or 100% fruit juice with a variety of menu items featured daily. Any student that selects a full breakfast will be able to eat with no charge to their account. So start your new year off right by incorporating a healthy breakfast into your morning routine. If you have any ideas on what we can do to improve breakfast service at your school, feel free to reach out to the Food & Nutrition Department. Our chefs, cashiers, and cafeteria helpers are all committed to making 2019 the best year yet!

Enjoy and Eat well,

Melissa Honeywood, RD

HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Apples.

Did you Know?

25% of an average apple's volume is air, which is why they float in water making dunking for apples fun!

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	2	3	4
	No School	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
7	8	9	10	11
French Toast Sticks	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Warm Pancakes
14	15	16	17	18
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
21	22	23	24	25
No School	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Warm Pancakes
28	29	30	31	
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	

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

- Select your Breakfast Base
 - Main Item (listed above)
 - Cereal(s)
 - Yogurt
 - Muffin
- Add a piece of Fruit
 -
 -
 -
 -
 -
 -
 -
- Select up to 2 additional items
 - Milk
 - Juice

This institution is an equal opportunity provider and employer.