

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chinese Tomato Tofu and Noodles  Vegetable Eggroll Garlic Broccoli Steamed Carrots	3 Bangladeshi Chicken Biryani with Rice  Ethiopian Lentil Azifa Garden Side Salad	4 Mexican Beef Tacos  Lettuce and Tomato Red Pepper Corn Red Beans & Rice	5 Jamaican Jerk  Chicken & Couscous  Spinach & Whitebeans Garden Side Salad	6 Featured Salad Option: Italian Panzanella Salad  Pizza Selection: Gill's Cheese  or Pepperoni with Side Salad
9 Burger Bar: Beef  Cheese, or Veggie  Lettuce and Tomato Sweet Potato Wedges Steamed Corn	10 Southwest Soup  Cheesy Texas Toast Ranch Carrot Cups	11 Breakfast Pancakes  Scrambled Eggs Roasted Potatoes Garden Side Salad	12 Herb Roasted Chicken  with Dinner Roll  Maple Roast Squash Green Beans Garden Side Salad	13 Featured Salad Option: South West Salad  Pizza Selection Includes: Personal Cheese  or Pepperoni with Side Salad
16 BBQ Chicken  with dinner roll  Apple-Cabbage Slaw Potato Wedges Corn Bread	17 Three Cheese Pasta Bake  Steamed Carrots Garlic Greenbeans	18 - Early Release Day <b>Chef Choice Day</b>  Fruit & Vegetable of the Day	19 Southern Chicken with Dinner Roll  Sweet Corn Steamed Broccoli Garden Side Salad	20 Featured Salad Option: Chicken Caesar  Pizza Selection Includes: Gill's Cheese  or Pepperoni with Side Salad
23 Grilled Cheese  Tomato & Basil Soup Cucumber Salad	24 Chili & Cheese Nacho Bowl  Lettuce and Tomato Steamed Corn	25 <b>Chef Choice Day</b>  Fruit & Vegetable of the Day	26 Mighty Meatball  Sub  Steamed Broccoli Steamed Carrots Garden Side Salad	27 Featured Salad Option: Chef Choice Salad  Pizza Selection Includes: Veggie Pizza  or Pepperoni with Side Salad
30 Burrito Bowl Bar Chicken or Bean  Red Pepper Corn Cowboy Black Beans Garden Side Salad	31 Chicken or Chickpea  Cacciatore  Steamed Broccoli Steamed Carrots		<b>Icon Key:</b> No Dairy, or Dairy Free Optional Halal Ingredients Vegetarian Item Contains Pork	

### MENU NOTES

#### World Language Week

Mon: **Chinese Tofu & Noodles.** Tofu is also known as 'bean curd' because in order to make it you curdle ground soy beans.

Tues: **Bangladeshi Chicken Biryani.** The word 'biryani' is derived from a Persian word, *birian*, which means fried before cooking. **Ethiopian Azifa Lentil salad** is usually served as a light snack with a flat bread called injera.

Wed: **Mexican Beef Taco.** The word *taco* describes a typical Mexican dish of a maize tortilla folded around food.

Thurs: **Jamaican Jerk Chicken.** Jerk seasoning contains All Spice which you could find in sweet goods like gingerbread.

Fri: **Italian Panzanella Salad.** The term 'Panzanella' is believed to come from "pane", Italian for bread, and "zanella", a deep plate in which it is served.

#### Lunch Menu Meal Alternates

Monday-Thursday

Peanut Butter and Jelly Sandwich  
Yogurt with Graham Crackers  
Cheese Sandwich

Tuesday-Friday

Garden Side Salads<sup>^</sup> or Salad Bar

<sup>^</sup>Baldwin, Cambridgeport, Graham & Parks, & Haggerty Only

# Breakfast!

## Chef Notes: Celebrating Nutrition, Cambridge style

This month, we reflect on the importance of nutrition and the nourishment food provides us physically, mentally, emotionally, and culturally. We're celebrating National School Breakfast Week and World Language Week together, with a robust school lunch menu featuring international flavors, and interactive activities in the cafeteria during breakfast.

Sharing a meal that we enjoy is like sharing a part of our identity. It is an extension of where we are from, who has cooked for us, and how we celebrate. So no matter what language you speak, YUM is universal.

Enjoy, and Eat well,

*Melissa Honeywood, RDN*

## HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Dairy.

### Did you Know?

The average cow eats about 100lbs of food & drinks 30-50 gallons of water each day - about a bathtubs worth!

**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](http://massfarmtoschool.org)**

Monday Tuesday Wednesday Thursday Friday

2	3	4	5	6
<b>Join us for School Breakfast Week! Adults only pay \$1</b>				
NEW! Breakfast Bites	Egg and Cheese Sandwich	Banan Split Parfait	Warm Fluffy Pancakes	Fruit & Waffle Bar
9	10	11	12	13
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy warm Pancakes
16	17	18	19	20
French Toast Sticks	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Warm Pancakes
23	24	25	26	27
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy warm Pancakes
30	31			
French Toast Sticks	Waffles and Sausage			

## Prices 2019-20

Student Breakfast	FREE
Adult Breakfast	\$2.25*
*Adults only pay \$1 during school Breakfast Week*	
Student Lunch	\$2.85
Reduced Price Lunch	FREE
Adult Lunch	\$4.00
Milk	\$0.50

\*Juice and/or milk can be restricted on your student's lunch account. Call for more info.

### 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.