



March 2020

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
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	10 Southwest Soup	11 Breakfast Pancakes	12 Herb Roasted Chicken with Dinner Roll	13 Featured Salad Option: South West Salad
16 BBQ Chicken with dinner roll	17 Three Cheese Pasta Bake	18 - Early Release Day Chef Choice Day Fruit & Vegetable of the Day	19 Southern Chicken with Dinner Roll	20 Featured Salad Option: Chicken Caesar Pizza Selection Includes: Gill's Cheese or Pepperoni with Side Salad
23 Grilled Cheese	24 Chili & Cheese Nacho Bowl	25 Chef Choice Day Fruit & Vegetable of the Day	26 Mighty Meatball Sub	27 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
30 Burrito Bowl Bar Chicken or Bean	31 Chicken or Chickpea Cacciatore		Icon Key: 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[^] or Salad Bar

[^]Baldwin, Cambridgeport, Graham & Parks, & Haggerty Only

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, RD

HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Dairy.

Did you Know?

Cheese making dates back at least 5,000 years. Archeologists have seen evidence that cheese was made in ancient Egyptian civilizations.

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
2	3	4	5	6
Join us for School Breakfast Week! Adults only pay \$1				
NEW Breakfast Bites	Warm Fluffy Pancakes	Egg & Cheese Sandwich	Ginger Bread Muffins	Waffles & Berries
9	10	11	12	13
Warm Cinnamon Oatmeal	Blueberry Filled Cereal Bar	Egg & Cheese Sandwich	Chef Special Day	Cheddar Cheese Cornbread
16	17	18	19	20
Peaches & Cream Smoothie	Warm Banana Bread	French Toast Sticks	Fresh Blueberry Muffins	Egg and Cheese Sandwich
23	24	25	26	27
Mixed Berry Smoothie	Warm Zucchini Bread	Strawberry Filled Cereal Bar	Fresh Baked Muffins	Berry Yogurt Parfait
30	31			
Warm Cinnamon Oatmeal	Blueberry Filled Cereal Bar			

Prices 2019-20	Student Breakfast	FREE
	Adult Breakfast	\$2.25
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

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

This institution is an equal opportunity provider and employer.