



# March 2020

# Cambridge Public Schools Upper School 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 <b>Chinese Tofu with Noodles</b> (V) Alt: Greek Salad Wrap  Vegetable Eggroll Garlic Broccoli Steamed Carrots	 3 <b>Bangladeshi Chicken Biryani</b> (HI) (V) Alt: Greek Salad Wrap  <b>Ethiopian Azifa Lentil Salad</b> Steamed Rice	 4 <b>Mexican Beef Taco</b> (V) Alt: Greek Salad Wrap  Lettuce and Tomato Red Beans and Rice Red Pepper Corn	 5 <b>Jamaican Jerk Chicken</b> (HI) (V) Alt: Greek Salad Wrap  Spinach and Whitebeans Steamed Couscous	6 Featured Salad Option: <b>Italian Panzanella Salad</b>  Pizza Selection Includes: (V) <b>Gill's Cheese Pizza</b>  <b>or Pepperoni</b> with Side Salad
9 <b>Burger Bar: Beef or Veggie</b> (N) Alt: Buffalo Chicken Wrap  Lettuce & Tomato Sweet Potato Wedges Steamed Corn	10 (V) <b>Rustic Southwest Soup</b> (N) Alt: Buffalo Chicken Wrap  Cheesy Texas Toast Ranch Carrot Cups	11 (V) <b>Breakfast Pancakes</b> (N) Alt: Buffalo Chicken Wrap  Scrambled Eggs Herb Roasted Potatoes Breakfast Baked Beans 18-Early Release Day 	12 (N) <b>Herb Roasted Chicken</b> (HI) (N) Alt: Buffalo Chicken Wrap  Steamed Broccoli Steamed Carrots Dinner Roll	13 Featured Salad Option: (V) <b>South West Salad</b>  Pizza Selection Includes: (V) <b>Personal Cheese</b>  <b>or Pepperoni</b> with Side Salad
16 <b>BBQ Drumsticks with Roll</b> (HI) (V) Alt: Veggie Hummus Wrap  Apple-Cabbage Slaw Potato Wedges Corn Bread	17 (V) <b>Three Cheese Pasta Bake</b> (V) Alt: Veggie Hummus Wrap  Steamed Carrots Garlic Green Beans	<b>Chef Choice Menu</b> Fruit & Vegetable of the day	19 <b>Southern Chicken w/ Roll</b> (V) Alt: Veggie Hummus Wrap  Sweet Corn Steamed Broccoli	20 Featured Salad Option: <b>Chicken Caesar</b>  Pizza Selection Includes: (V) <b>Gill's Cheese Pizza</b>  <b>or Pepperoni</b> with Side Salad
23 (V) <b>Grilled Cheese Sandwich</b> Alt: Chicken Caesar Wrap  Tomato & Basil Soup Three Bean Salad	24 (V) <b>Chili &amp; Cheese Nachos</b> Alt: Chicken Caesar Wrap  Lettuce and Tomato Steamed Corn	25 <b>Chef Choice Menu</b> Fruit & Vegetable of the day	26 (N) <b>Mighty Meatball Sub</b> Alt: Chicken Caesar Wrap  Steamed Broccoli Steamed Carrots	27 Featured Salad Option: <b>Chef Choice Salad</b>  Pizza Selection Includes: (V) <b>Veggie Pizza</b> (V) <b>or Cheese Pizza</b> with Side Salad
30 <b>Burrito Bowl Bar</b> (V) Alt: Protein Power Pack  Braised Chicken or Bean Filling (V) Cowboy Black Beans Red Pepper Corn	31 <b>Chicken or Chickpea Cacciatore</b> (V) (V) Alt: Protein Power Pack  Garlic Broccoli Steamed Carrots	<b>Student Breakfast</b> FREE <b>Adult Breakfast*</b> \$2.25 *Only \$1 Breakfast during School Breakfast Week! <b>Student Lunch</b> \$2.85 <b>Reduced Price Lunch</b> \$0.00 <b>Adult Lunch</b> \$4.00 <b>Milk or Juice</b> \$0.50		<b>ICON KEY</b> (N) No Dairy / Dairy Free Optional Halal Ingredients (HI) (V) Vegetarian Item Contains Pork 

### Daily Breakfast Offerings

1. Select your Breakfast Base

Main Item (listed right) Cereal Yogurt Muffin

2. Add a piece of Fruit

3. Select up to 2 additional items

Milk Juice

\*Chocolate milk & juice can be restricted on your student's account.\*  
Call the Food & Nutrition office for further information.

### LUNCH CHOICE CHART

MEAL ALTERNATES	ESSENTIALS	SALAD BAR
Monday-Thursday	Daily	3-5Days/Week
Peanut Butter & Jelly	Fresh Fruit	Green Leaf Lettuce
Yogurt & Crackers	1% White Milk	Romaine Lettuce
Cheese Sandwich	Fat Free Chocolate Milk	Shredded Cheese
Power Packs	Fat Free Lactaid (by request)	Tomatoes
		Cucumbers
		Beans

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Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<i>Join us for School Breakfast Week! Adults join in for \$1 all week!</i>				
Breakfast Bites	Egg & Cheese Sandwich	Banana Split Parfait	Fluffy Pancakes	Waffle Bar
9	10	11	12	13
French Toast Sticks	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
16	17	18	19	20
French Toast Sticks	Waffles & Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Pancakes
23	24	25	26	27
French Toast Sticks	Zucchini Bread	Yogurt Parfait	Breakfast Burrito	Fluffy Pancakes
30	31			
French Toast Sticks	Waffles & Sausage			

### 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*

### World Language Week Line Up

- 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.

This institution is an equal opportunity provider and employer.