



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Icon Key:</b> No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item			<b>1- Early Release Day</b> <b>Carribean Jerk Chicken &amp; Rice</b> Kale & Whitebeans Fruit Salad Garden Side Salad	<b>2</b> Featured Salad Option: <b>Chef Choice Salad</b> Pizza Selection Includes: <b>Veggie Pizza</b> <b>or Pepperoni</b> with Side Salad
<b>5</b> <b>Coconut Crusted Redfish with Rice</b> Steamed Carrots Corn and Pepper Succotash	<b>6- Election Day</b> <b>Chicken or Chickpea Cacciatore</b> Whole Grain Pasta Steamed Broccoli Garden Side Salad	<b>7</b> <b>Sausage Egg and Cheese Sandwich</b> Roasted Potatoes Fruit Salad Garden Side Salad	<b>8</b> <b>Burrito Bowl Bar Turkey or Bean</b> Red Pepper Corn Cowboy Black Beans Garden Side Salad	<b>9</b> Featured Salad Option: <b>South West Salad</b> Pizza Selection Includes: <b>Personal Cheese</b> <b>or Pepperoni</b> with Side Salad
<b>12</b> <b>Veterans' Day (Observed)</b> <b>No School</b>	<b>13</b> <b>Turkey Club with Lettuce &amp; Tomato</b> Ranch Carrot Cups Cucumber Salad Garden Side Salad	<b>14</b> <b>Herb Roasted Chicken with Dinner Roll</b> Maple Roast Squash Green Beans Garden Side Salad	<b>15</b> <b>Spaghetti with Meat Sauce</b> Mozzarella Salad Garlic Broccoli Garden Side Salad	<b>16</b> Featured Salad Option: <b>Chicken Caesar</b> Pizza Selection Includes: <b>French Bread Pizza</b> <b>or Pepperoni</b> with Side Salad
<b>19</b> <b>All Beef Hotdog</b> Sweet Potato Fries Baked Beans	<b>20</b> <b>French Toast</b> Scrambled Eggs Strawberry Cup Hashbrowns	<b>21- Early Release Day</b> <b>Chef Choice Day</b> Fruit & Vegetable of the Day	<b>22- No School</b> <b>23- No School</b> <b>Thanksgiving Day</b> <b>No School</b>	
<b>26</b> <b>Southwest Soup</b> Cheesy Texas Toast Ranch Carrot Cups	<b>27</b> <b>Crispy Fish Tacos</b> with Seasoned Rice Corn & Bean Salad Tomato Salsa Garden Side Salad	<b>28</b> <b>Breakfast Egg Sandwich</b> Turkey Sausage Hashbrowns Garden Side Salad	<b>29</b> <b>Cheddar Macaroni and Cheese</b> Steamed Broccoli Three Bean Salad Garden Side Salad	<b>30</b> Featured Salad Option: <b>Chef Choice Salad</b> Pizza Selection Includes: <b>Veggie Pizza</b> <b>or Pepperoni</b> with Side Salad

## MENU NOTES

**LOCAL LOCAL LOVE:**  
 - As we head into the Harvest season we have a lot of local veggies to make us thankful. Try our locally grown Kale offered with the Jamaican Jerk chicken. Or try the Maple Roasted Squash for a true New England flavor.



**NEW & IMPROVED:**  
 - The French Toast Sticks we offer at breakfast are one of our best sellers, so we decided to offer it as a brunch option before the holiday break.  
 - With the early release day before Thanksgiving Break, our school chef's will be cooking up lunch specials of their choice. Call ahead for specifics.

**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: Being Thankful

It is the time of year when we are encouraged to look back and reflect on what we have in our lives for which we should give thanks.

I am truly thankful for the kind, thoughtful, hard working people that I work with in the Food & Nutrition Department. Many of the folks I work with show their love through preparing and serving food.

Show someone you're thankful by preparing them a special meal. If you're not a confident chef, take time with friends or family to collect and donate food to your local food bank, or offer your time at a soup kitchen. It's a fun way to be together and give back to the community.

Enjoy, and Eat well,

*Mellissa Honeywood, RD*



This month Cambridge will be offering fresh locally sourced Kale.

### Did you Know?

Kale has been grown for over 2,000 years. Thought to have originated in Asia or the Eastern Mediterranean, it became a staple crop in colder climates.

**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
			1 Warm Bagels	2 Fluffy Warm Pancakes
5 French Toast Sticks	6 Zucchini Bread	7 Yogurt and fruit Parfait	8 Breakfast Burrito	9 Fluffy Warm Pancakes
12 <b>No School</b>	13 Waffles and Sausage	14 Egg & Cheese Sandwich	15 Warm Bagels	16 Fluffy Warm Pancakes
19 French Toast Sticks	20 Zucchini Bread	21 Yogurt and fruit Parfait	22 <b>No School</b>	23 <b>No School</b>
26 French Toast Sticks	27 Waffles and Sausage	28 Egg & Cheese Sandwich	29 Warm Bagels	30 Fluffy Warm Pancakes

Prices 2018-19	Student Breakfast	\$1.00
	Reduced Price 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 Yogurt Muffin
- Add a piece of Fruit
- Select up to 2 additional items  
 Milk Juice Cereal

This institution is an equal opportunity provider and employer.