



October 2019

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
	1	2	3	4
<p>Make your plate count by selecting 3-5 menu items. You must take at least one Fruit or Vegetable!</p>	Chef's Choice Deli Sandwich Bar Quick Pickle Chips Classic Coleslaw	Roasted Chicken with Dinner Roll Roast Delicata Squash Green Beans	Spaghetti with Meat Sauce Mozzarella Salad Garlic Broccoli	Featured Salad Option: Chicken Caesar Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
	7	8	9	11
Coconut Crusted Red Fish Steamed Rice Mango Slaw Steamed Carrots	Breakfast Egg Sandwich Turkey Sausage Hash Browns Fruit Salad	Yom Kippur Observed No School	Puerto Rican Stewed Chicken Seasoned Yellow Rice Spinach & Whitebeans	Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Gill's Cheese Pizza or Pepperoni with Side Salad
14	15- School Lunch Week	16- School Lunch Week	17- School Lunch Week	18- School Lunch Week
Indigenous People's Day No School	Burger Bar: Beef Cheese, or Veggie Lettuce and Tomato Sweet Potato Wedges Steamed Corn	Waffle Bar: Mixed Fresh Fruit Scrambled Eggs Fresh Fruit Fixings Brunch Pear Salad	Potato Wedge Bar: Chili & Cheese Steamed Broccoli Cornbread Three Bean Salad	Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
21	22	23	24	25
Barbecue Chicken or Pork Apple-Cabbage Slaw Potato Wedges Corn Bread	Three Cheese Pasta Bake Steamed Carrots Garlic Greenbeans	Chef Choice Day Fruit & Vegetable of the Day	Southern Chicken w/ Dinner Roll Sweet Corn Steamed Broccoli	Featured Salad Option: Chicken Caesar Pizza Selection Includes: Gill's Cheese Pizza or Pepperoni with Side Salad
28	29	30	31	
Grilled Cheese Sandwich Soup Dunker Day Tomato & Basil Soup Cucumber Salad	Chili & Cheese Nachos Lettuce and Tomato Steamed Corn	Seasoned Beef Taco Lettuce and Tomato Red Beans and Rice Red Pepper Corn	Jamaican Jerk Chicken & Rice Spinach & Whitebeans Fruit Salad	Icon Key: No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item

MENU NOTES



LOCAL LOVE:

This month we're featuring Delicata Squash from Drumlin Farms out in Lincoln, MA. This mild squash is beautiful and delicious.

NEW & IMPROVED:

Last year, we sampled Puerto Rican stewed chicken, also known as *Fricase de Pollo*, as part of our International Taste Test program. In collaboration with the Public Health department, students taste tested this dish and we got the kid-approved two thumbs up to add it to our menu.

This chicken dish native to Latin America is marinated in *sofrito*, a sauce made with local cubanelle pepper and *recao*, an herb similar in flavor profile to cilantro. Try it on the menu this month!

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

Breakfast!

Chef Notes: National School Lunch Week

We will be celebrating **National School Lunch Week** from October 15th to 18th, with the theme of **What's On Your Playlist?**, emphasizing the communal experience both music and meals have in defining our important life events. You may *NOTE* that we decided to *SCALE* up your menu choices by offering a different food *BAR* during the week.

Tuesday: Chart Topping Cheeseburger, Hamburger, and Veggie Burger

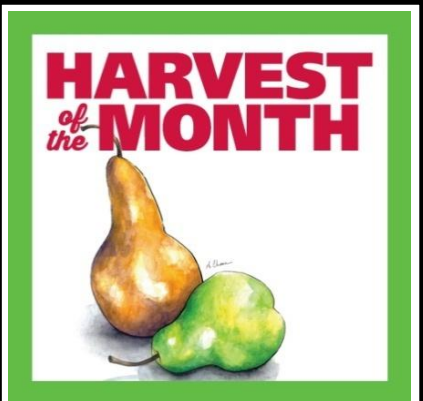
Wednesday: Noteworthy Build your own Waffle Bar with fresh fruit fixings

Thursday: Parody Poppin' Chili & Cheese Potato Wedge Bar

Our STAFF will PITCH in, as they always do, to make these meals worthy of a standing ovation.

Enjoy and Eat Well,

Melissa Honeywood, RD



HARVEST of the MONTH

This month Cambridge will be offering fresh locally sourced Pears.

Did you Know?

A medium sized pear packs 6 grams of fiber, which is roughly 1/4 of the recommended daily intake!

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 Egg & Cheese Sandwich	2 Blueberry Filled Cereal Bar	3 Warm Zucchini Bread	4 Berry Yogurt Parfait
7 Fluffy Warm Pancakes	8 88 Acres Cinnamon Oat Bar	9 No School	10 Strawberry Filled Cereal Bar	11 Cheddar Cheese Cornbread
14 No School	15 88 Acres Cocoa Crunch Bar	16 Warm Banana Bread	17 Egg & Cheese Sandwich	18 Special Cereal Day
21 Peaches & Cream Smoothie	22 Egg & Cheese Sandwich	23 Blueberry Filled Cereal Bar	24 Warm Zucchini Bread	25 Berry Yogurt Parfait
28 Strawberry & Cream Smoothie	29 88 Acres Blueberry Bar	30 Egg & Cheese Sandwich	31 Strawberry Filled Cereal Bar	

Daily Breakfast Offerings

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

Prices 2019-20	Student Breakfast	FREE
	Adult Breakfast	\$1.50
	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.		

This institution is an equal opportunity provider and employer.