



# October 2018

# Fletcher Maynard Menu

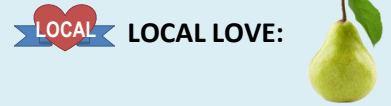
Cambridge Public Schools



\* 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	5
All Beef Hotdog  Sweet Potato Fries Baked Beans	Turkey Club with Lettuce & Tomato  Ranch Carrot Cups Cucumber Salad	Herb Roasted Chicken with Dinner Roll  Maple Roast Squash Green Beans Garden Side Salad	Spaghetti with Meat Sauce  Mozzarella Salad Garlic Broccoli Garden Side Salad	Featured Salad Option: <b>Chicken Caesar</b>  Pizza Selection Includes: <b>French Bread Pizza</b> <b>or Pepperoni</b> with Side Salad
8	9	10	11	12
<b>Indigenous People's Day</b>  <b>No School</b>	<b>Crispy Fish Tacos</b>  Corn & bean Salad Tomato Salsa	<b>Breakfast Pancakes</b>  Scrambled Eggs Roasted Potatoes Garden Side Salad	<b>Cheddar Macaroni</b> <b>and Cheese</b>  Steamed Broccoli Three Bean Salad Garden Side Salad	Featured Salad Option: <b>Chef Choice Salad</b>  Pizza Selection Includes: <b>Gill's Cheese</b> <b>or Pepperoni</b> with Side Salad
15- School Lunch Week!	16- School Lunch Week!	17- School Lunch Week!	18- School Lunch Week!	19- School Lunch Week!
<b>BBQ Chicken Sandwich</b>  Apple-Cabbage Slaw Sweet Potato Wedges	<b>Jamaican Beef Patty</b>   Red Beans & Rice Garlic Spinach	<b>Chicken Biryani</b> with Rice  Warm Dinner Roll Tomato & Cucumbers Garden Side Salad	<b>Mighty Meatball</b> Sub  Steamed Broccoli Steamed Carrots Garden Side Salad	Featured Salad Option: <b>South West Salad</b>  Pizza Selection Includes: <b>Personal Cheese</b> <b>or Pepperoni</b> with Side Salad
22	23	24- Early Release Day	25	26
<b>Burger Bar: Beef</b> <b>Cheese, or Veggie</b>  Lettuce and Tomato Sweet Potato Wedges Bean & Pasta Salad	<b>Three Cheese Pasta</b> <b>Bake</b>  Steamed Carrots Garlic Greenbeans	<b>Chef Choice Day</b>  Fruit & Vegetable of the Day	<b>Southern Chicken</b> with Dinner Roll  Sweet Corn Steamed Broccoli Garden Side Salad	Featured Salad Option: <b>Chicken Caesar</b>  Pizza Selection Includes: <b>Gill's Cheese</b> <b>or Pepperoni</b> with Side Salad
29	30	31		
<b>Grilled Cheese</b>  Tomato & Basil Soup Cucumber Salad	<b>Chili &amp; Cheese</b> <b>Nacho Bowl</b>  Lettuce and Tomato Steamed Corn	<b>Beef Tacos</b>  Red Pepper Corn Lettuce and Tomato Red Beans & Rice Garden Side Salad	<b>Icon Key:</b> No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item	<b>Make your plate count</b> <b>by selecting</b> <b>3-5 menu items.</b> <b>You must take at least</b> <b>one Fruit or</b> <b>Vegetable!</b>

## MENU NOTES



- Look out for Massachusetts grown Pears as part of the Harvest of the month.

**NEW & IMPROVED:**  
 - Keep an eye out for National School Lunch Week Celebrations in your school!  
 - Check with your school kitchen to get a heads up on what will be offered Oct 24th- Chef's Choice Day.

- We're introducing the Jamaican Beef Patty as a new menu item on Tuesday, October 16th to add some excitement to National School Lunch week. Come through the line and tell us what you think!

### 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

National School Lunch Week is a week-long celebration in October (15-19th) that gives us the ability to show off the secrets that make school lunch a success!

The National School Lunch Program is available for more than 30 million children every school day, and over 7,000 children in Cambridge.

Cambridge has the unique opportunity of partnering with local farmers to bring students fresh foods, collaborating with CitySprouts to grow on-site school gardens, and teaming up with the health department to feature new recipe tastings voted on by students. There is so much to love about school meals, and our staff love sharing what they make with students every day!

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
French Toast Sticks	Apple Cinnamon Muffins	Fruit Filled Granola Bar	Cinnamon Oatmeal Bar	Cereal Special Day
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>No School</b>	Chocolate Chip Muffins	Breakfast Burrito	Warm Banana Bread	Cornbread & cheddar Cheese
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Apple Cinnamon Oatmeal	Blueberry Muffins	Yogurt & Goldfish Grahams	Warm Zucchini Bread	Sausage & Egg Sandwich
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Fluffy Scrambled Eggs	Apple Cinnamon Muffins	Fruit Filled Granola Bar	Egg & Cheese Sandwich	Cereal Special Day
<b>29</b>	<b>30</b>	<b>31</b>		
Bagel with Cream Cheese	Chocolate Chip Muffins	Breakfast Burrito		

Prices 2018-19	Student Breakfast	\$1.00
	Reduced Price Breakfast	\$0.30
	Adult Breakfast	\$2.25
	Student Lunch	\$2.85
	Reduced Price Lunch	\$0.40
	Adult Lunch	\$4.00
Milk	\$0.50	

### Daily Breakfast Offerings

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

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