



\* 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>Labor Day</b>  <b>No School</b>	3 <b>Burger Bar: Beef</b> <b>Cheese, or Veggie</b>  Lettuce and Tomato <b>Sweet Potato Wedges</b> Bean & Pasta Salad	4 <b>Chicken Biryani</b> <b>with Rice</b>  Warm Dinner Roll Tomato & Cucumbers <b>Garden Side Salad</b>	5 <b>Mighty Meatball</b> <b>Sub</b>  <b>Steamed Broccoli</b> <b>Steamed Carrots</b> <b>Three Bean Salad</b>	6 Featured Salad Option: <b>South West Salad</b> Pizza Selection Includes: <b>Personal Cheese</b> <b>or Pepperoni</b> with Side Salad
9 <b>Barbeque Chicken</b>  Corn Bread Apple-Cabbage Slaw Potato Wedges	10 <b>Three Cheese Pasta</b> <b>Bake</b>  <b>Steamed Carrots</b> Garlic Greenbeans	11 <b>Breakfast Pancakes</b>  Scrambled Eggs Roasted Potatoes <b>Breakfast Baked Beans</b>	12 <b>Southern Chicken</b> <b>with Dinner Roll</b>  Sweet Corn <b>Steamed Broccoli</b> <b>Garden Side Salad</b>	13 Featured Salad Option: <b>Chicken Caesar</b> Pizza Selection Includes: <b>Gill's Cheese</b> <b>or Pepperoni</b> with Side Salad
16 <b>Grilled Cheese</b>   Tomato & Basil Soup Cucumber Salad	17 <b>Chili &amp; Cheese</b> <b>Nacho Bowl</b>  Lettuce and Tomato Steamed Corn	18-Early Release Day <b>Chef Choice Day</b>  Fruit & Vegetable of the Day	19 <b>Jamaican Jerk</b> <b>Chicken &amp; Rice</b>  <b>Spinach &amp; Whitebeans</b> Fruit Salad <b>Garden Side Salad</b>	20 Featured Salad Option: <b>Chef Choice Salad</b> Pizza Selection Includes: <b>Veggie Pizza</b> <b>or Pepperoni</b> with Side Salad
23 <b>Burrito Bowl Bar</b> <b>Chicken or Bean</b>  Red Pepper Corn <b>Cowboy Black Beans</b> <b>Garden Side Salad</b>	24 <b>Chicken or Chickpea</b> <b>Cacciatore</b>  <b>Steamed Broccoli</b> <b>Steamed Carrots</b>	25 <b>Sausage Egg and</b> <b>Cheese Sandwich</b>  Roasted Potatoes Fruit Salad <b>Garden Side Salad</b>	26 <b>Crispy Fish Tacos</b> <b>with Seasoned Rice</b>  Corn & Bean Salad Tomato Salsa Shredded Cabbage	27 Featured Salad Option: <b>South West Salad</b> Pizza Selection Includes: <b>Gill's Cheese</b> <b>or Pepperoni</b> with Side Salad
30 <b>All Beef Hotdog</b>  <b>Sweet Potato Fries</b> Baked Beans			<b>Icon Key:</b> No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item	

## MENU NOTES

Look here for menu highlights each month:

### LOCAL LOVE:

The harvest of the month is tomatoes, so we planned ahead and got some plump tomatoes from Drumlin Farms over the summer and stuck them in our blast chiller to save for you. These red beauties were diced, frozen, and are being added to our tomato soup for a taste of local love to go with your grilled cheese.

### NEW AND IMPROVED:

Last year we held breakfast promotions and sampled some fun menu items. Turns out they were too good to just offer once so on the First Friday of each month keep an eye out for scrummy breakfast options. On the 6th we're offering Banana Split Parfaits!

### 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: We're so glad you're here!

Hey! How are you? How was your summer? I'm so excited you're here and reading this menu. But like, in a casual super cool kind of way.

We have some big things in store for this year. Is a complete breakfast free for any student? Oh Yeah. Are we still getting food from local farms and vendors? You bet. Will the kitchen make enough salad to feed a creep of tortoises? ... I'm not sure, but if we do you would hear about it by following us on Twitter. You'll get fun updates on new recipes, upcoming promotions, and some behind the scenes info on who makes school meals, and why they are so good. Check us out: @CPSD\_Nutrition.

As always we want to hear from you. So if you have any ideas that you think we should try this year let us know!

Enjoy, and Eat well,

*Melissa Honeywood, RD*

## HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Tomatoes

### Did you Know?

Not all tomatoes are red! Tomatoes can be green, yellow, pink, orange, and even purple.

**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
2	3	4	5	6
No School	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	Banana Split Parfait
9	10	11	12	13
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
16	17	18	19	20
French Toast Sticks	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Warm Pancakes
23	24	25	26	27
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
30				
French Toast Sticks				

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 chocolate milk can be restricted on your student's lunch account. Call for more info.

### 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

This institution is an equal opportunity provider and employer.