



September 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
2 Labor Day No School	3 Burger Bar: Beef Cheese, or Veggie Lettuce and Tomato Sweet Potato Wedges Bean & Pasta Salad	4 Chicken Biryani with Rice Warm Dinner Roll Tomato & Cucumbers Garden Side Salad	5 Mighty Meatball Sub Steamed Broccoli Steamed Carrots Three Bean Salad	6 Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
9 Barbeque Chicken Corn Bread Apple-Cabbage Slaw Potato Wedges	10 Three Cheese Pasta Bake Steamed Carrots Garlic Greenbeans	11 Breakfast Pancakes Scrambled Eggs Roasted Potatoes Breakfast Baked Beans	12 Southern Chicken with Dinner Roll Sweet Corn Steamed Broccoli Garden Side Salad	13 Featured Salad Option: Chicken Caesar Pizza Selection Includes: Gill's Cheese or Pepperoni with Side Salad
16 Grilled Cheese Tomato & Basil Soup Cucumber Salad	17 Chili & Cheese Nacho Bowl Lettuce and Tomato Steamed Corn	18 - Early Release Day Chef Choice Day Fruit & Vegetable of the Day	19 Jamaican Jerk Chicken & Rice Spinach & Whitebeans Fruit Salad Garden Side Salad	20 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
23 Burrito Bowl Bar Chicken or Bean Red Pepper Corn Cowboy Black Beans Garden Side Salad	24 Chicken or Chickpea Cacciatore Steamed Broccoli Steamed Carrots	25 Sausage Egg and Cheese Sandwich Roasted Potatoes Fruit Salad Garden Side Salad	26 Crispy Fish Tacos with Seasoned Rice Corn & Bean Salad Tomato Salsa Shredded Cabbage	27 Featured Salad Option: South West Salad Pizza Selection Includes: Gill's Cheese or Pepperoni with Side Salad
30 All Beef Hotdog Sweet Potato Fries Baked Beans			Icon Key: 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. We're proud to partner with a local company, 88 Acres, to bring you a locally made breakfast bar! Try the Cinnamon & Oats, Blueberry, and Cocoa Crunch bars featured on Tuesdays throughout the 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: 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,

Mellissa Honeywood, RD

HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Tomatoes

Did you Know?

The Spanish town of Bunol holds a 'Tomatina' festival every year where crowds of thousands flock to have a giant tomato fight.

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
2	3	4	5	6
No School	88 Acres Cinnamon & Oats Bar	Warm Banana Bread	Egg & Cheese Sandwich	Special Cereal Day
9	10	11	12	13
Peaches & Cream Smoothie	Egg & Cheese Sandwich	Blueberry Filled Cereal Bar	Warm Zucchini Bread	Berry Yogurt Parfait
16	17	18	19	20
Fluffy Warm Pancakes	88 Acres Blueberry Bar	Egg & Cheese Sandwich	Strawberry Filled Cereal Bar	Cheddar Cheese Cornbread
23	24	25	26	27
French Toast Sticks	88 Acres Cocoa Crunch Bar	Warm Banana Bread	Egg & Cheese Sandwich	Special Cereal Day
30				
Chocolate Monkey Smoothie				

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.	

Daily Breakfast Offerings

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

This institution is an equal opportunity provider and employer.