



# September 2019

# Cambridge Public Schools Upper School 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 <b>Labor Day- No School</b> 	3- First Day of School 1-12 <b>Burger Bar: Beef or Veggie</b> Ⓝ Alt: Buffalo Chicken Wrap  Lettuce & Tomato Sweet Potato Wedges Pasta Salad	4 <b>Chicken Biryani with Rice</b> Ⓝ Alt: Buffalo Chicken Wrap  Warm Dinner Roll Tomato Cucumber Salad	5- First Day of School PK/K Ⓝ <b>Mighty Meatball Sub</b> Ⓝ Alt: Buffalo Chicken Wrap  Steamed Broccoli Steamed Carrots	6 Featured Salad Option: ✓ <b>South West Salad</b> Pizza Selection Includes: ✓ <b>Personal Cheese or Pepperoni</b> with Side Salad	
9 <b>Barbecue Chicken</b> ✓ Alt: Veggie Hummus Wrap  Apple-Cabbage Slaw Potato Wedges Corn Bread	10 ✓ <b>Three Cheese Pasta Bake</b> ✓ Alt: Veggie Hummus Wrap  Steamed Carrots Garlic Greenbeans	11 ✓ <b>Breakfast Pancakes</b> ✓ Alt: Veggie Hummus Wrap  Scrambled Eggs Herb Roasted Potatoes 	12 <b>Southern Chicken w/ Roll</b> ✓ Alt: Veggie Hummus Wrap  Sweet Corn Steamed Broccoli	13 Featured Salad Option: <b>Chicken Caesar</b> Pizza Selection Includes: ✓ <b>Gill's Cheese Pizza or Pepperoni</b> with Side Salad	
16 ✓ <b>Grilled Cheese Sandwich</b> Alt: Chicken Caesar Wrap  Tomato & Basil Soup Cucumber Salad	17 ✓ <b>Chili &amp; Cheese Nachos</b> Alt: Chicken Caesar Wrap  Lettuce and Tomato Steamed Corn	18- Early Release Day <b>Chef Choice Menu</b>  Fruit & Vegetable of the day	19 <b>Jamaican Jerk Chicken &amp; Rice</b> Alt: Chicken Caesar Wrap Ⓝ  Spinach & Whitebeans Fruit Salad	20 Featured Salad Option: <b>Chef Choice Salad</b> Pizza Selection Includes: ✓ <b>Veggie Pizza or Cheese Pizza</b> with Side Salad	
23 <b>Burrito Bowl Bar</b> ✓ Alt: Protein Power Pack  Braised Chicken or Bean Filling ✓ Cowboy Black Beans Red Pepper Corn	24 <b>Chicken or Chickpea Cacciatore</b> ✓ Alt: Protein Power Pack ✓  Steamed Broccoli Steamed Carrots	25 <b>Sausage Egg Sandwich</b> ✓ Alt: Protein Power Pack ✓  Herb Roasted Potatoes Orange Wedges 	26 Ⓝ <b>Crispy Fish Tacos with Rice</b> ✓ Alt: Protein Power Pack  Corn & Bean Salad Fresh Tomato Salsa	27 Featured Salad Option: ✓ <b>South West Salad</b> Pizza Selection Includes: ✓ <b>Gill's Cheese Pizza or Pepperoni</b> with Side Salad	
30 Ⓝ <b>All Beef Hotdog</b> Alt: Ranch Chicken Wrap  Sweet Potato Fries Baked Beans					<b>ICON KEY</b>
					Ⓝ No Dairy or Dairy Free Optional Contains Pork ✓ Vegetarian Item

### Daily Breakfast Offerings

1. Select your Breakfast Base

Main Item (listed right)

Cereal Yogurt Muffin

2. Add a piece of Fruit

3. Select up to 2 additional items

Milk Juice

\*Juice and/or chocolate milk can be restricted on your student's account.\*  
Call the Food & Nutrition office for further information.

### LUNCH CHOICE CHART

#### MEAL ALTERNATES

Monday-Thursday

Peanut Butter & Jelly  
Yogurt & Crackers  
Cheese Sandwich  
Power Packs

#### ESSENTIALS

Daily

Fresh Fruit  
1% White Milk  
Fat Free Chocolate Milk  
Fat Free Lactaid (by request)

#### SALAD BAR

3-5Days/Week

Green Leaf Lettuce  
Romaine Lettuce  
Shredded Cheese  
Tomatoes  
Cucumbers  
Beans

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

### 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*

### Food Trivia

Tomatos are thought to have originated in Peru. The name comes from the Aztec *xitomatl*, which means "plump thing with a navel."

### 2019-20 Prices

Student Breakfast	FREE
Adult Breakfast	\$1.50
Student Lunch	\$2.85
Reduced Price Lunch	\$0.00
Adult Lunch	\$4.00
Milk	\$0.50

This institution is an equal opportunity provider and employer.