



October 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 |
|---|--|---|--|---|
| | 1 Chef's Choice Deli Bar V Alt: Greek Salad Wrap Quick Pickle Chips Classic Coleslaw | 2 N Roasted Chicken with Roll V Alt: Greek Salad Wrap Roasted Delicata Squash Green Beans | 3 N Spaghetti with Meat Sauce V Alt: Greek Salad Wrap Mozzarella Salad Garlic Broccoli | 4 Featured Salad Option: Chicken Caesar Pizza Selection Includes: V French Bread Pizza or Pepperoni with Side Salad |
| 7 Coconut Crusted Redfish Alt: Coldcut Deli Wrap Steamed Rice Mango Slaw Steamed Carrots | 8 V Breakfast Egg Sandwich Alt: Coldcut Deli Wrap Turkey Sausage Hash Browns Fruit Salad | 9- No School Yom Kippur Observed No School | 10 Puerto Rican Stewed Chicken Alt: Coldcut Deli Wrap Seasoned Yellow Rice Spinach & Whitebeans | 11 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: V Gill's Cheese Pizza or Pepperoni with Side Salad |
| 14- No School Indigenous People's Day No School | 15- School Lunch Week Burger Bar: Beef or Veggie N Alt: Buffalo Chicken Wrap Lettuce & Tomato Sweet Potato Wedges Steamed Corn | 16- School Lunch Week Waffle Bar: Mixed Fresh Fruit N Alt: Buffalo Chicken Wrap Scrambled Eggs Brunch Pear Salad | 17- School Lunch Week Potato Bar: Chili & Cheese N Alt: Buffalo Chicken Wrap Steamed Broccoli Cornbread Three Bean Salad | 18- School Lunch Week Featured Salad Option: V South West Salad Pizza Selection Includes: V Gill's Cheese Pizza or Pepperoni with Side Salad |
| 21 Barbecue Chicken or Pork V Alt: Veggie Hummus Wrap Apple-Cabbage Slaw Potato Wedges Corn Bread | 22 V Three Cheese Pasta Bake V Alt: Veggie Hummus Wrap Steamed Carrots Garlic Greenbeans | 23- Early Release Day Chef Choice Menu Fruit & Vegetable of the day | 24 Southern Chicken w/ Roll V Alt: Veggie Hummus Wrap Sweet Corn Steamed Broccoli | 25 Featured Salad Option: Chicken Caesar Pizza Selection Includes: V Gill's Cheese Pizza or Pepperoni with Side Salad |
| 28 V Grilled Cheese Sandwich Alt: Chicken Caesar Wrap Tomato & Basil Soup Cucumber Salad | 29 V Chili & Cheese Nachos Alt: Chicken Caesar Wrap Lettuce and Tomato Steamed Corn | 30 Beef Taco Alt: Chicken Caesar Wrap Lettuce and Tomato Red Beans and Rice Red Pepper Corn | 31 Jamaican Jerk Chicken & Rice Alt: Chicken Caesar Wrap N Spinach & Whitebeans Fruit Salad | ICON KEY N No Dairy or Dairy Free Optional Contains Pork V 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

Chocolate milk & juice 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

Breakfast

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|-------------------|-----------------------|-------------------|-----------------------------|
| | 1 | 2 | 3 | 4-First Friday! |
| | Waffles & Sausage | Egg & Cheese Sandwich | Warm Bagels | Scratch Made Breakfast Loaf |
| 7 | 8 | 9 | 10 | 11 |
| French Toast Sticks | Zucchini Bread | No School | Breakfast Burrito | Fluffy Pancakes |
| 14 | 15 | 16 | 17 | 18 |
| No School | Waffles & Sausage | Egg & Cheese Sandwich | Warm Bagels | Fluffy Pancakes |
| 21 | 22 | 23 | 24 | 25 |
| French Toast Sticks | Zucchini Bread | Yogurt Parfait | Breakfast Burrito | Fluffy Pancakes |
| 28 | 29 | 30 | 31 | |
| French Toast Sticks | Waffles & Sausage | Egg & Cheese Sandwich | Warm Bagels | |

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 keep well, *Melissa Honeywood, RD*

Food Trivia

The most apples bobbed in one minute is 37 and was achieved by Cherry Yoshitake (Japan) at Oasispark in Kakamigahara, Gifu, Japan, on 11 October 2015

**2019-20
Prices**

| | |
|---------------------|--------|
| Student Breakfast | FREE |
| Adult Breakfast | \$2.25 |
| 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.