

# February 2017

Cambridge Public Schools

## Elementary 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 <b>Crunchy Turkey Taco</b> 🚫 <b>Fiesta</b>  Lettuce and Tomato Red Pepper Corn	2 <b>Caribbean Chicken</b> 🚫 <b>Seasoned Rice</b>  Tropical Fruit Salsa <b>Spinach &amp; Whitebeans</b>	3 Featured Salad Option: ✔️ <b>Greek Salad</b>  Pizza Selection Includes: ✔️ <b>Veggie Pizza</b> ✔️ <b>or Cheese Pizza</b> with Side Salad
6 ✔️ <b>Mini Raviolis with garlic bread stick</b>  <b>Garlic Broccoli</b> Chickpea Salad	7 🚫 <b>Turkey Burgers</b>  <b>Sweet Potato Wedges</b> Apple-Cabbage Slaw Mixed Fruit	8 <b>Sausage Egg and Cheese Sandwich</b>  Herb Roasted Potatoes Orange Wedges	9 ✔️ <b>Bean or Chicken Burrito</b>  Western Corn <b>Cowboy Black Beans</b>	10 Featured Salad Option: ✔️ <b>South West Salad</b>  Pizza Selection Includes: ✔️ <b>Gill's Pizza</b> 🐷 <b>or Pepperoni</b> with Side Salad
13 ✔️ <b>Chili and Cheese</b> 🚫 <b>Nacho Bowl</b>  Lettuce and Tomato Red Pepper Corn	14 🚫 <b>All Beef Hotdog with the works!</b>  <b>Sweet Potato Fries</b> <b>Baked Beans</b> Diced Pears	15 🚫 <b>Herb Roasted Chicken with Roll</b>  <b>Maple Roast Squash</b> Green Beans	16 🚫 <b>Spaghetti with Meat Sauce</b>  Mozzarella Salad <b>Garlic Broccoli</b> Cinnamon Apple Slices	17 Featured Salad Option: <b>Chicken Caesar</b>  Pizza Selection Includes: ✔️ <b>Veggie Pizza</b> ✔️ <b>or Cheese Pizza</b> with Side Salad
20- No School	21- No School	22- No School	23- No School	24- No School

**LOCAL LOVE**

This month we are doubling down on our commitment to local. In essence we are serving a locally sourced food wrapped in another locally sourced food. Sounds crazy, but it's a delicious product from North Coast called:

**Fish *IN* Chips**

This fish is locally caught then covered in crushed Cape Cod Potato Chips. Offered as the satisfying center of our fish tacos it will be served with our zesty corn and black bean salad and topped with our fresh tomato salsa.

# February Vacation !

27 ✔️ <b>Three Cheese Pasta Bake</b>  <b>Steamed Carrots</b> Steamed Greenbeans Applesauce	28 🚫 <b>Fish in Chip Tacos</b> 🚫 <b>Brown Rice</b> <b>Corn &amp; Bean Salad</b> Fresh Tomato Salsa	<b>Icon Key:</b>  🚫 <i>No Dairy, or Dairy Free Optional</i>  🐷 <i>Contains Pork</i>  ✔️ <i>Vegetarian Item</i>	
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**Lunch Menu Meal Alternates**  
*Monday-Thursday*

**Peanut Butter and Jelly Sandwich**

**Yogurt with Graham Crackers**

**Cheese Sandwich**

### Chef Notes: For the Love of Food

For anyone that has prepared a meal for someone else, you know that it takes work to transform raw ingredients into a delicious meal. But the hard work doesn't stop there. Folks at the grocery store work hard to arrange and stock food ingredients, truck drivers work hard to transport food between warehouses to get to the grocery store, and farmers work hard to grow the food to get to the warehouses. Yet with all that hard work, most Americans throw out nearly 25% of the food they purchase by purchasing more than needed and/or letting it spoil. That's like buying 4 bags of groceries, dropping one on your way home and just leaving it there.

Reduce your food waste by only buying what you need, eating what you make, and reusing any extra. Show your food some love!

Enjoy, and Eat well,

*Melissa Honeywood, RD*

## HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Butternut Squash.

### Did you Know?

Squash, corn, and beans were staples of nearly every Native American tribe. The Iroquois called them "Three Sisters" because they help each other grow.

**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> Fruit & Yogurt Parfait	<b>2</b> Warm Breakfast Loaf	<b>3</b> Fluffy Pancakes
<b>6</b> Bagels & Cream Cheese	<b>7</b> Fluffy Pancakes	<b>8</b> Warm Zucchini Bread	<b>9</b> Sausage Cheese Bread	<b>10</b> Egg & Cheese Sandwich
<b>13</b> French Toast Sticks	<b>14</b> Waffles and Sausage	<b>15</b> Fruit and Yogurt Parfait	<b>16</b> Breakfast Burrito	<b>17</b> Bagels & Cream Cheese
<b>20</b> <b>No School</b>	<b>21</b> <b>No School</b>	<b>22</b> <b>No School</b>	<b>23</b> <b>No School</b>	<b>24</b> <b>No School</b>
<b>27</b> Cinnamon Oatmeal	<b>28</b> French Toast Sticks			

### Daily Breakfast Offerings

- Select your Breakfast Base
  - Main Item (listed above)
  - Cereal
  - Yogurt
  - Muffin
- Add a piece of Fruit
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- Select up to 2 additional items
  - Milk
  - Juice
  - Cereal
  - Cereal

Prices 2016-17	Student Breakfast	\$1.00
	Reduced Price Breakfast	\$0.30
	Adult Breakfast	\$1.50
	Student Lunch	\$2.75
	Reduced Price Lunch	\$0.40
	Adult Lunch	\$3.75
Milk	\$0.50	

This institution is an equal opportunity provider and employer.