



October 2018

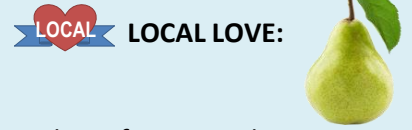
Cambridge Public Schools Elementary Menu



* Please notify the kitchen manager and Food Service office of any student allergies. Menu is subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 All Beef Hotdog Sweet Potato Fries Baked Beans	2 Turkey Club with Lettuce & Tomato Ranch Carrot Cups Cucumber Salad	3 Herb Roasted Chicken with Dinner Roll Maple Roast Squash Green Beans Garden Side Salad	4 Spaghetti with Meat Sauce Mozzarella Salad Garlic Broccoli Garden Side Salad	5 Featured Salad Option: Chicken Caesar Pizza Selection Includes: French Bread Pizza or Pepperoni with Side Salad
8 Columbus Day No School	9 Crispy Fish Tacos Corn & bean Salad Tomato Salsa	10 Breakfast Pancakes Scrambled Eggs Roasted Potatoes Garden Side Salad	11 Cheddar Macaroni and Cheese Steamed Broccoli Three Bean Salad Garden Side Salad	12 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Gill's Cheese or Pepperoni with Side Salad
15- School Lunch Week! BBQ Chicken Sandwich Apple-Cabbage Slaw Sweet Potato Wedges	16- School Lunch Week! Jamaican Beef Patty Red Beans & Rice Garlic Spinach	17- School Lunch Week! Chicken Biryani with Rice Warm Dinner Roll Tomato & Cucumbers Garden Side Salad	18- School Lunch Week! Mighty Meatball Sub Steamed Broccoli Steamed Carrots Garden Side Salad	19- School Lunch Week! Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
22 Burger Bar: Beef Cheese, or Veggie Lettuce and Tomato Sweet Potato Wedges Bean & Pasta Salad	23 Three Cheese Pasta Bake Steamed Carrots Garlic Greenbeans	24- Early Release Day Chef Choice Day Fruit & Vegetable of the Day	25 Southern Chicken with Dinner Roll Sweet Corn Steamed Broccoli Garden Side Salad	26 Featured Salad Option: Chicken Caesar Pizza Selection Includes: Gill's Cheese or Pepperoni with Side Salad
29 Grilled Cheese Tomato & Basil Soup Cucumber Salad	30 Chili & Cheese Nacho Bowl Lettuce and Tomato Steamed Corn	31 Beef Tacos Red Pepper Corn Lettuce and Tomato Red Beans & Rice Garden Side Salad	Icon Key: No Dairy, or Dairy Free Optional Contains Pork Vegetarian Item	

MENU NOTES



- Look out for Massachusetts grown Pears as part of the Harvest of the month.

NEW & IMPROVED:
 - Keep an eye out for National School Lunch Week Celebrations in your school!
 - Check with your school kitchen to get a heads up on what will be offered Oct 24th- Chef's Choice Day.

- We're introducing the Jamaican Beef Patty as a new menu item on Tuesday, October 16th to add some excitement to National School Lunch week. Come through the line and tell us what you think!

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: National School Lunch Week

National School Lunch Week is a week-long celebration in October (15-19th) that gives us the ability to show off the secrets that make school lunch a success!

The National School Lunch Program is available for more than 30 million children every school day, and over 7,000 children in Cambridge.

Cambridge has the unique opportunity of partnering with local farmers to bring students fresh foods, collaborating with CitySprouts to grow on-site school gardens, and teaming up with the health department to feature new recipe tastings voted on by students. There is so much to love about school meals, and our staff love sharing what they make with students every day!

Be well and Eat well,

Melissa Honeywood, RD

HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Pears.

Did you Know?

A medium sized pear packs 6 grams of fiber, which is roughly 1/4 of the recommended daily intake!

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
French Toast Sticks	Waffles and Sausage	Warm Cinnamon Oatmeal	Warm Bagels	Fluffy Warm Pancakes
9	10	11	12	13
No School	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
15	16	17	18	19
French Toast Sticks	Waffles and Sausage	Egg & Cheese Sandwich	Warm Bagels	Fluffy Warm Pancakes
22	23	24	25	26
French Toast Sticks	Zucchini Bread	Yogurt and fruit Parfait	Breakfast Burrito	Fluffy Warm Pancakes
30	31			
French Toast Sticks	Waffles and Sausage			

Prices 2018-19	Student Breakfast	\$1.00
	Reduced Price Breakfast	\$0.30
	Adult Breakfast	\$1.50
	Student Lunch	\$2.85
	Reduced Price Lunch	\$0.40
	Adult Lunch	\$4.00
Milk	\$0.50	

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
 - Cereal
 - Cereal

This institution is an equal opportunity provider and employer.