

## October 2019

Cambridge Public Schools

Elementary Menu

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	Please notify the kitchen manager and Food Service office of any student allergies. Menu is					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	1	2	3	4		
Make your plate	Chef's Choice	Noasted Chicken	N Spaghetti with	Featured Salad Option:		
count by selecting	Deli Sandwich Bar	with Dinner Roll	Meat Sauce	<b>Chicken Caesar</b>		
3-5 menu items.		LOCAL		Pizza Selection Includes:		
You must take at least	Quick Pickle Chips	Roast Delicata Squash	Mozzarella Salad	V French Bread Pizza		
one Fruit or	Classic Coleslaw	Green Beans	Garlic Broccoli	e or Pepperoni		
Vegetable!				with Side Salad		
7	8	9	10	11		
Coconut Crusted	O Breakfast Egg	Yom Kippur	N Puerto Rican	Featured Salad Option:		
Red Fish	Brunch Sandwich	Observed	Stewed Chicken	<b>Chef Choice Salad</b>		
-	for Lunch	Observed		Pizza Selection Includes:		
Steamed Rice	Turkey Sausage	No School	Seasoned Yellow Rice	<b> ○</b> Gill's Cheese Pizza		
Mango Slaw	Hash Browns	No School	Spinach & Whitebeans	🖛 or Pepperoni		
Steamed Carrots	Fruit Salad			with Side Salad		
14	15- School Lunch Week	16- School Lunch Week				
	Burger Bar: Beef 🔕	Waffle Bar:	Potato Wedge Bar:	Featured Salad Option:		
Indigenous	Cheese, or Veggie 🕐	Mixed Fresh Fruit	Chili & Cheese	South West Salad		
People's Day				Pizza Selection Includes:		
	Lettuce and Tomato	Scrambled Eggs	Steamed Broccoli	V Personal Cheese		
No School	Sweet Potato Wedges	Fresh Fruit Fixings	Cornbread	🖛 or Pepperoni		
	Steamed Corn	Brunch Pear Salad	Three Bean Salad	with Side Salad		
21	22	23	24	25		
Barbecue Chicken	Three Cheese		Southern Chicken	Featured Salad Option:		
or Pork	Pasta Bake	Chef Choice Day	w/ Dinner Roll	Chicken Caesar		
				Pizza Selection Includes:		
Apple-Cabbage Slaw	Steamed Carrots	Fruit & Vegetable	Sweet Corn	<b>○</b> Gill's Cheese Pizza		
Potato Wedges	Garlic Greenbeans	of the Day	Steamed Broccoli	🖛 or Pepperoni		
Corn Bread				with Side Salad		
28	29	30	31			
<b>○ Grilled Cheese</b>		Seasoned Beef Taco	•	Icon Key:		
Sandwich  Soup Dunker Day	Nachos		Chicken & Rice	No Dairy, or Dairy Free Optional		
Tomato & Basil Soup	Lettuce and Tomato	Lettuce and Tomato	Spinach & Whitebeans	* Contains Pork		
Cucumber Salad	Steamed Corn	Red Beans and Rice	Fruit Salad	Wanatarian ttan		
		Red Pepper Corn		Vegetarian Item		



## LOCAL LOVE:

This month we're featuring Delicata Squash from Drumlin Farms out in Lincoln, MA. This mild squash is beautiful and delicious.

#### **NEW & IMPROVED:**

Last year, we sampled Puerto Rican stewed chicken, also known as *Fricase de Pollo*, as part of our International Taste Test program. In collaboration with the Public Health department, students taste tested this dish and we got the kid-approved two thumbs up to add it to our menu.

This chicken dish native to Latin
America is marinated in *sofrito*, a
sauce made with local cubanelle
pepper and *recao*, an herb similar in
flavor profile to cilantro.
Try it on the menu this 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

## **Elementary Menu**

# Breakfastl

## **Chef Notes:** National School Lunch Week

by offering a different food BAR during the 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

Tuesday: Chart Topping Cheeseburger, Hamburger, and Veggie Burger

Wednesday: Noteworthy Build your own Waffle Bar with fresh fruit fixings

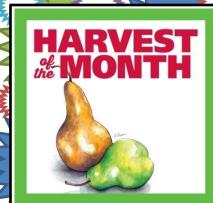
Thursday: Parody Poppin' Chili & Cheese Potato Wedge Bar

Our STAFF will PITCH in, as they always do, to make these meals worthy of a standing ovation.

Enjoy and Eat Well,

Mellissa Honeywood, RD

•		<b>→ ←</b>	-				
	0	Student Breakfast	FREE				
	19-7	Adult Breakfast	\$2.25				
	201	Student Lunch	\$2.85				
	Z	Reduced Price Lunch	FREE				
١	9	Adult Lunch	\$4.00				
,	3	Milk	\$0.50				
	*Juice and/or milk can be restricted on						
student's lunch account. Call for more in							



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

7	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
		Waffles	Egg &	Warm	Fluffy
3		and	Cheese	Bagels	Warm
		Sausage	Sandwich		Pancakes
	7	8	9	10	11
	French	Zucchini	No	Breakfast	Fluffy
	Toast	Bread	School	Burrito	Warm
	Sticks		School		Pancakes
ı	14	15	16	17	18
	No	French	Egg &	Warm	Fluffy
ı	School	Toast	Cheese	Bagels	Warm
	5011001	Sticks	Sandwich		Pancakes
-	21	22	23	24	25
	French	Zucchini	Yogurt	Breakfast	Fluffy
	Toast	Bread	and fruit	Burrito	Warm
	Sticks		Parfait		Pancakes
-	28	29	30	31	
	French	Waffles	Egg &	Warm	
	Toast	and	Cheese	Bagels	
_	Sticks	Sausage	Sandwich		

## **Daily Breakfast Offerings**

1. Select your Breakfast Base



















3. Select up to 2 additional items



Juice



This institution is an equal opportunity provider and employer.