February 2024

Cambridge Public Schools

Kitchen Service Lunch 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	2
Icon Key: *No Dairy, or Dairy Free Optional* *Halal Ingredients* HI *Vegetarian Item* *Contains Pork*			**General Tso's Tofu or Chicken with Rice** V Steamed Broccoli Steamed Carrots	Featured Salad Option: **Chef Choice Salad** Pizza Selection Includes: V **Veggie Pizza or Pepperoni** with Side Salad
5	6	7	8	9
Burrito Bowl Bar Chicken or Bean V Brown Rice Cowboy Black Beans Red Pepper Corn	**Chicken and Rice Soup** Cheese-y Toast Baby Carrots Cucumber Coins	**Barbeque Chicken Or Tofu** HI V Corn Bread Apple-Cabbage Slaw Potato Wedges	**Fish or Kelp Bite Tacos with Toppings** V Corn & Bean Salad Tomato Salsa Shredded Cabbage	Featured Salad Option: **Chicken Caesar** Pizza Selection Includes: V **Cheese or Pepperoni** with Side Salad
12	13	14	15	16
V **Breakfast Egg Sandwich** Turkey Sausage Hashbrowns	**SNOW DAY**	**Chef's Deli Sandwich or Hummus Pack** Quick Pickle Chips Classic Coleslaw Potato Wedges	**General Tso's Tofu or Chicken with Rice** V Steamed Broccoli Steamed Carrots	Featured Salad Option: V **South West Salad** Pizza Selection Includes: V **Personal Cheese or Pepperoni** with Side Salad
19	20	21	22	23
February Vacation!				
26	27	28	29	
All Beef Hotdog Sweet Potato Fries Baked Beans	**Turkey or Lentil Taco with Toppings** V Red Peper Corn Fresh Fruit	**Pasta Bar with Choice of Sauce** V Mozzarella Salad Garlic Broccoli Three Bean Salad	**Cheddar Macaroni and Cheese** V Steamed Broccoli Three Bean Salad Side Salad	

MENU NOTES

New Local Connections

We are excited to announce a new partnership with the Boston Food Hub to source locally grown produce. As a program of Boston Area Gleaners, they collaborate with small Massachusetts farms to get their crops to market. Even though it's winter many of these farms hold hearty crops in cold storage, such as Butternut Squash, Radishes, Potatoes, Apples, and more! We received our first delivery from Boston Food Hub last month, and are excited to feed Massachusetts Students some Massachusetts grown food.

Lunch Menu Meal Alternates

V *All Vegetarian, Offered Daily*

Peanut Butter and Jelly Sandwich
Yogurt with Graham Crackers
Cheese Sandwich
comes with choice of fruit or vegetable sides

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Chef Notes: *A Fond Farewell*

It is with a full and heavy heart that I annouce this is my last month as the Director of Food & Nutrition Services for Cambridge Public Schools. While I will be moving on to pursue a new opportunity, the Food & Nutrition Team will continue to offer high quality meal service long after my departure.

It has been a privilege to serve the Cambridge community for the past 11 years. I'm grateful to every student who shared their opinion, every partner that helped us improve, each teacher that offered an encouraging word, every administrator that offered support, each family that trusted us to feed their child, and for each member of the Food & Nutrition Team Department that demonstrated the true meaning of service. Thank you. Thank You. THANK YOU!

With Gratitude,

Mellissa Honeywood, RD

Prices 2023-24

ALL STUDENTS EAT FOR FREE*

Must select a complete meal

Did you Know?

Winter squash has loads of vitamin A which helps keep your eyes healthy and improve night vision. Other edible parts of squash plants include seeds, shoots, leaves, and blossoms.

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

What is a 'Complete Meal'?

You may have noticed we keep referencing that meals will be at no cost for students who select a 'complete meal'. This Means:

A student must take at least ***3 food items*** at each meal.

One of those items ***MUST*** be a fruit or vegetable.

THINGS TO NOTE:

Did you know that nearly all of the grain items we offer are whole grain rich? That means that any product containing grain ingredients must use at least 51% whole grains.

Whole grains are packed with nutrients such as fiber, B vitamins, and more. Examples of our whole grain rich products include: Muffins, breads, pastas, cereals, rice, and pizza dough.

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