February 2024

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		
lcon Kev:			General Tso's Tofu 🕠	Featured Salad Option:		
Icon Key:  No Dairy, or Dairy Free Optional			or Chicken with Rice	Chef Choice Salad		
Halal Ingredients 🖽				Pizza Selection Includes:		
Vegetarian Item			Steamed Broccoli	Veggie Pizza		
			Steamed Carrots	e or Pepperoni		
Contains Pork 1				with Side Salad		
5	6	7	8	9		
Burrito Bowl Bar	Chicken and Rice	Barbeque Chicken	Fish or Kelp Bite 🕡	Featured Salad Option:		
Chicken or Bean 🕜	Soup	🕕 Or Tofu 🚺	Tacos with Toppings	Chicken Caesar		
		Corn Bread		Pizza Selection Includes:		
Brown Rice	Cheese-y Toast	Apple-Cabbage Slaw	Corn & Bean Salad	Cheese		
Cowboy Black Beans	Baby Carrots	Potato Wedges	Tomato Salsa	e or Pepperoni		
Red Pepper Corn	Cucumber Coins		Shredded Cabbage	with Side Salad		
12	13	14	15	16		
O Breakfast Egg		Chef's Deli Sandwich	General Tso's Tofu 🕠	Featured Salad Option:		
Sandwich		or Hummus Pack	or Chicken with Rice	South West Salad		
	SNOW			Pizza Selection Includes:		
Turkey Sausage	DAY	Quick Pickle Chips	Steamed Broccoli	Personal Cheese		
Hashbrowns		Classic Coleslaw	Steamed Carrots	e or Pepperoni		
		Potato Wedges		with Side Salad		
19	20	21	22	23		



#### **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.

# February Vacation!

26	27	28	29	
All Beef Hotdog	Turkey or Lentil 🕡	Pasta Bar with	Cheddar Macaroni	
	Taco with Toppings	Choice of Sauce 🚺	and Cheese 🕡	
Sweet Potato Fries		Mozzarella Salad	Steamed Broccoli	
Baked Beans	Red Peper Corn	Garlic Broccoli	Three Bean Salad	
	Fresh Fruit	Three Bean Salad	Side Salad	

#### **Lunch Menu Meal Alternates**

All Vegetarian, Offered Daily

**Peanut Butter and Jelly Sandwich Yogurt with Graham Crackers Cheese Sandwich** 

comes with choice of fruit or vegetable sides



### February 2024

#### 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.

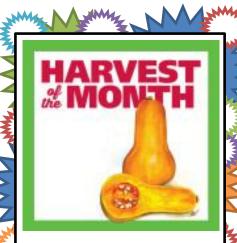
It has been a privilege to serve the Cambridge community for the past 11 years. I'm grateful to every student who shared their opinion, every partner that helped us improve, each teacher that offered an encouraging word, every administrator that offered support, each family that trusted us to feed their 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

## 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 <u>MUST</u> 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.

This institution is an equal opportunity provider and employer.