



\* 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 Chicken or Veggie Fajita  Yellow Rice Steamed Corn	3 Chef's Deli Sandwich or Hummus Pack  Quick Pickle Chips Baby Carrots Celery Sticks	4 Cheddar Macaroni and Cheese  Steamed Broccoli Three Bean Salad Garden Side Salad	5 Featured Salad Option: South West Salad Pizza Selection Includes: Personal Cheese or Pepperoni with Side Salad
8 Turkey or Lentil Taco with Toppings  Red Pepper Corn Lettuce and Tomato	9 Spaghetti w/ Meat or Tomato Sauce  Mozzarella Salad Garlic Broccoli Three Bean Salad	10 Eid al-Fitr (observed)  No School	11 Chef Choice Day  *Contact Kitchen for Daily Specials*	12 Featured Salad Option: Chef Choice Salad Pizza Selection Includes: Veggie Pizza or Pepperoni with Side Salad
15	16	17	18	19

## Spring Break!

22 Grilled Cheese  Tomato & Basil Soup Cucumber Salad	23 Brunch for Lunch Pancakes  Scrambled Eggs Roasted Red Potatoes	24 HI BBQ Chicken Drumstick  Garlic Green Beans Maple Roast Squash	25 Fish or Kelp Bite Soft Tacos  Corn & Bean Salad Tomato Salsa Shredded Cabbage	26 Featured Salad Option: Chicken Caesar Pizza Selection Includes: Cheese or Pepperoni with Side Salad
29 Burger Bar: Beef Cheese, or Veggie  Lettuce and Tomato Sweet Potato Wedges Steamed Corn	30 Chicken or Veggie Lo Mein Egg Roll or Dumpling Orange Roasted Carrots Steamed Broccoli		<b>Icon Key:</b> No Dairy, or Dairy Free Optional Halal Ingredients Vegetarian Item Contains Pork	

## MENU NOTES

We have a Chef's Choice menu day coming up and our chef's are ready to show off their culinary skills. Chef's Choice is a chance for our kitchens to try out new recipes or to serve up some fan favorites. Will your school try something new like Chicken Tikka Masala or stick with a classic like breakfast for lunch? Follow us on social media @CPSD\_Nutrition to find out.

Do you or your students have any ideas for any new recipes we should try out?

Share your ideas with Amanda Rivera, our Communications Specialist [arivera-beauchamp@cpsd.us](mailto:arivera-beauchamp@cpsd.us)

### 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

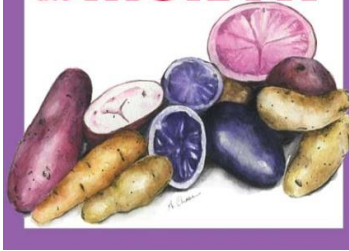
## Chef Notes: Spring Is Here...Time to Garden!

Spring has sprung, which means it's planting season! Our friends at CitySprouts have already started planting different seeds in their greenhouses to be transferred over to Cambridge school gardens. Students will be able to share all about what they are growing at school and maybe even share some at home gardening tips.

You don't need outdoor space to be able to grow fresh herbs like basil, rosemary, and oregano inside at home. A sunny window sill, some soil, seeds, water and a pot is all you need to start your indoor herb garden. Once you get some herbs growing you can use them in your kitchen to enhance the flavors of different dishes. Tend to your garden and enjoy fresh herbs all season!

Best,  
Anthony Grein

## HARVEST of the MONTH



This month Cambridge will be offering fresh locally sourced Potatoes.

### Did you Know?

Potatoes can grow in a rainbow of colors including purple and orange!

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)

## 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?....

Before school vacation weeks like April Break the Food & Nutrition Services department collects and donates any perishable food items that would not last over the break to prevent food waste.



Prices 2023-24  
**ALL STUDENTS  
EAT FOR FREE\***

\*Must take Complete Meal.

This institution is an equal opportunity provider and employer.