

28 Meatball Sub (Beef &

Chicken Meatballs

Roasted Sweet Potato

Wedges

Fresh Fruit & Veggie

Bar

Milk Variety

**Taste Test Event** 

**Sweet Potato** 

**Hot Ham & Cheese** 

Pinwheels

Steamed Green Peas

Rice Pilaf

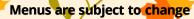
Fresh Fruit & Veggie

Bar

Milk Variety

## Cambridge Elementary School

ovember 2022 inch



=Vegetarian

Monday Thursday **Buffalo Chicken & Cheese Pizza Homemade Beef Hearty Homemade Holiday Luncheon Cheese Flatbread** Pepperoni Pizza Meatloaf Lasagna November 10, 2022 Fresh Fruit & Veggie Steamed Broccoli Chef's Mashed Potato Melt Rice Pilaf Bar Dinner Roll Homemade Dinner Roll Fresh Fruit & Veggie Milk Variety Fresh Fruit & Veggie Fresh Fruit & Veggie Bar Bar Milk Variety Milk Variety Milk Variety **Grilled Cheese 8** General Tso Chicken **Cheesy Breadsticks** Maple Roast Pork 11 Sandwich Steamed Broccoli Marinara Sauce Chef's Mashed Potato Rice Pilaf Chicken Noodle Soup Fresh Fruit & Veggie Homemade Dinner Roll No Fresh Fruit & Veggie Fresh Fruit & Veggie Fresh Fruit & Veggie Bar Milk Variety Bar Bar Bar Milk Variety Milk Variety Milk Variety School **Birthday Celebration** 14 Oven Baked Chicken Taco Bar w/ The **Cheese Pizza Chicken Teriyaki Homemade** Nuggets Works Pepperoni Pizza Rice Bowl **Pancakes** Fresh Fruit & Veggie Roasted Potato Rice Pilaf Caesar Salad Real Maple Syrup Scrambled Eggs Wedges Fresh Fruit & Veggie Fresh Fruit & Veggie Bar Homemade Dinner Bar Bar Milk Variety Sweet & White Roll Milk Variety Milk Variety Homefries Fresh Fruit & Veggie Fresh Fruit & Veggie Bar Bar Milk Variety Milk Variety Philly Steak & **Beef Nachos** 23 25 24 Cheese Sub Supreme w/Onions & Peppers Rice Pilaf No No No Maple Baked Beans Cabot Sour Cream Fresh Fruit & Veggie Hand Cut French Fries School School Fresh Fruit & Veggie Bar **School** Milk Variety Bar Milk Variety

## **Voting Fun Facts**

1. Election Day was established by Congress in 1875 2. Election Day is always the Tuesday of or after November 2 3. Congress chose a day in November for Election Day because the harvest work was always done by then.

Meals Are Free To Al Students

Adult Breakfast \$2.50 Adult Lunch \$3.80 Milk \$0.60

Please Click Links Below for Nutrition Information on Daily Options:

Create Your Own Deli Sandwich, Fruit & Yogurt Parait w/Granola Fresh, Dried, or Canned Fruit, Skir White Milk, 1% White Milk, & Fat Fre Chocolate Milk Offered With All Meals

Deli Options K-8

Fruit & Yogurt Parfait w/Granola

Condiments

Fresh, Dried Or Canned Fruit

Pay for meals on-line. Click Image Below



Harvest of the Month

Sweet Potato

Click on the image above for more info on the Harvest of the Month!

This institution is an equal opportunity provider.

30 Cheesy Breadsticks

Marinara Sauce

Fresh Fruit & Veggie

Milk Variety

Please advise us if special

meal accommodations are

required for allergens or

other special dietary

needs.