



December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Chili Bowl Steamed Corn Tortilla Chips 1	Burger Bar Beef, Cheese, or Veggie Sweet Potato Fries 2	BBQ Halal Chicken or Tofu Homemade Cornbread Green Peas 3	Fish Sandwich Veggie Burger Homemade Coleslaw Spiral Fries 4	Pizza Day BBQ Chicken, Veggie, Cheese, or Turkey Pepperoni Salad Bar 5
Burrito Bowl Chicken or Black Bean Roasted Corn Spanish Rice 8	Beef Meatball or Veggie Ball Subs Veggie Medley 9	Homemade Mac N' Cheese Steamed Peas 10	Teriyaki Chicken or Tofu Garlic Broccoli Brown Rice 11	Pizza Day Chef's Choice, Veggie, Cheese, or Turkey Pepperoni Salad Bar 12
Spaghetti w/ Meat or Marinara Sauce Steamed Broccoli Mozzarella Salad 15	LoMein Chicken or Veggie Gingered Carrots Egg Roll 16	Egg & Cheese Sandwich Roasted Red Potatoes 17	Shepherd's Pie Beef or Lentil Steamed Broccoli Dinner Roll 18	Pizza Day Chef's Choice, Veggie, Cheese, or Turkey Pepperoni Salad Bar 19
Chef's Choice Follow us on Instagram to see your school's menu @CPSD_Nutrition 22	Chef's Choice Follow us on Instagram to see your school's menu @CPSD_Nutrition 23			24
29	30			25

Daily Alternates

Peanut Butter & Jelly Sandwich w/ Cheese Stick
Cheese Sandwich
Yogurt and Graham Crackers
Hummus Packs

All offered with a selection of fruit & veggies

Make Every Tray Count

Make sure to pick at least 3 including a fruit or veggie

Breakfast Corner

An assortment of whole grain muffins, breads, cereal, yogurt, and fruit will be available everyday.

	Featured Hot Breakfast
New!	
Monday	Hard Boiled Eggs and Whole Grain Bagel
Tuesday	Breakfast Sandwiches
Wednesday	Parfaits or Smoothies and Whole Grain French Toast
Thursday	Scrambled Eggs and Whole Grain Waffle
Friday	Chef's Choice and Whole Grain Pancakes

Menus are subject to change without notice.

Food News

- **Salad Bars are offered daily!** Students may return to salad bar for additional servings of fruits & veggies
- Scan the QR code to check out our webpage and upcoming menus
- **Breakfast and lunch are offered for free for all students everyday!**



Harvest of the Month



A 1/2 cup of fresh or cooked carrots is an excellent source of vitamin A, which is important for good eyesight.

Did You Know?

Carrots were first grown as medicine, not food.

After School Snack Idea

Serve carrot sticks with hummus or peanut butter for a protein packed snack.

HOTM promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: massfarmtoschool.org/hotm



The Produce Section

We order local produce from our partners, **Boston Food Hub**, who connect schools with local Massachusetts farms!

This month our local **Farm to School** produce comes from:

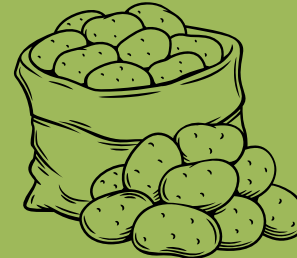
Cabbage

*Bardwell Farm
Hatfield, MA*



Potatoes

*Barnwood Valley
Farms
Hadley, MA*



Scratch Cooked

We say that our meals are **scratch-cooked**, but what does that mean?

Scratch-cooked means we use fresh ingredients to prepare meals in the kitchens of all 12 school buildings.

Scratch cooking promotes healthier meals, improves student nutrition and helps to fuel students' academic performance.



Director's Note

As we enter a season of giving, many food and donation drives are happening around the community for local food banks and other charitable organizations. If you are in the position to donate, please keep the following information in mind:

- Some organizations accept perishable items such as dairy products or produce, make sure to confirm before donating.
- Do NOT donate food products that are spoiled, damaged, or expired - they cannot be used.
- Make sure to ask in advance what products are most desirable as needs are constantly changing.

Check out the [Food Resource Guide](#) created by the Cambridge Public Health Department for more information on organizations to donate to and for food resources throughout the city.



THANK YOU!

Anthony Grein

Food Service Director