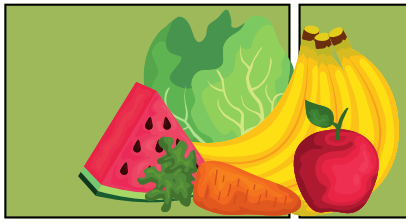
CAMBRIDGE FOOD & NUTRITION SERVICES

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatball or Falafel Ball Sub Green Beans **2**	VOTE! *Election Day* ***NO SCHOOL*** **3**	Crispy Fish Sandwich or Veggie Burger *Potato Wedges* *Coleslaw* **4**	☆ Biryani *Halal Chicken or Chickpea* Rice Steamed Broccoli **5**	Pizza Day *BBQ Chicken, Veggie, Cheese, or Pepperoni* Salad Bar **6**
Grilled Cheese Sandwich Tomato Soup Celery Sticks **9**	Sloppy Joes *Beef or Lentil* Potato Wedges Veegie Medley **10**	Happy Veterans Day ***NO SCHOOL*** **11**	Orange *Halal Chicken or Tofu* Brown Rice Steamed Broccoli **12**	Pizza Day *Chicken Ranch, Veggie, Cheese, or Pepperoni* Salad Bar **13**
Build-Your-Own Burrito Bowl *Chicken or Black Bean* Steamed Corn Topping Bar **16**	Teriyaki *Chicken or Tofu* Brown Rice Steamed carrots **17**	Beef-a-Roni or Veggie-Roni Steamed Broccoli **18**	☆ Herb Roasted *Halal Chicken or Tofu* Roasted Potatoes Steamed Green Beans Dinner Roll **19**	Pizza Day *Buffalo Chicken, Veggie, Cheese, or Pepperoni* Salad Bar **20**
☆ Pasta with Meat or Marinara Sauce Garlic Broccoli **23**	Brunch for Lunch *Waffles & Scrambled Eggs* Potato Wedges **24**	Deli Turkey Sandwich or Hummus Wrap Baked Potato Chips Carrot Sticks **25**	NO SCHOOL Happy Thanksgiving **26**	**27**
All Beef Hotdogs Veggie Burgers Sweet Potato Fries New England Baked Beans **30**				Icon Key ☆ *Local Ingredients* *No Dairy, Dairy free available*

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.
- Let us know what you think: ***fns@cpsd.us***

Daily Alternates

Peanut Butter and Jelly Sandwich w/ Cheese Stick
Cheese Sandwich
Yogurt and Graham Crackers
Homemade Hummus Packs
all offered with a selection of fruits & 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
Monday	Hard Boiled Eggs and/or Whole Grain Bagel
Tuesday	Breakfast Sandwiches
Wednesday	Parfaits or Smoothies and/or Whole Grain French Toast
Thursday	Scrambled Eggs and/or Whole Grain Waffle
Friday	Chef's Choice and/or Whole Grain Pancakes

Menus are subject to change without notice.

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Harvest of the Month

Kale comes from the same plant family as broccoli, brussels sprouts, and cabbage.

Did You Know?

Kale has more iron than beef and more calcium than milk! ***Calcium*** keeps your bones strong and ***iron*** helps move oxygen around your body.

Try Kale Chips at Home:

Wash the leaves and tear into bite-sized pieces (remove the center rib). Toss with olive oil and spread on a baking sheet in a single layer. Sprinkle with salt and bake at 300°F for 20 minutes.

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**

Local on the Menu

We buy local products from our partners who help connect schools with locally grown and sourced ingredients!

This month our local ingredients come from:

Tomato Sauce made with Local Tomatoes
Commonwealth Kitchen
Boston, MA

Milk
Garelick Farms
Franklin, MA

New England Grown Marinara Sauce

Our Marinara Sauce is made with tomatoes grown in New England. Commonwealth Kitchen takes the surplus tomatoes from local NE farms to make this flavorful marinara sauce.

This marinara sauce supports or regional farming communities, diverts food waste, and allows us to invest in our regional food economy.

This sauce will add rich local flavor to items like our Meatball/Falafel Subs, Pasta with Meat/Marinara Sauce and other menu items!

Director's Note

November is month to express gratitude and I could not be more grateful for the Food Service team working across the district to feed students nutritious, culturally inclusive meals day in and day out. Join me in thanking the team that fuels students' bodies!

Adriana, Alexis, Amanda, Anita, Ann, Anna, Ariana, Betelehem, Carol, Cassy, Cassandra, Charron, Christine, Cindy, Claudia, David, DawnMarie, Dayana, Deb, Delmy, Denise, Diane, Donna (D & J), Eduardo, Ellen, Frantz, Frederick, Frezewid, Gul, Halwo, Isaac, Janine, Jasmine, Jenny, JoJo, Kamila, Kathy, Kayla, Kidist, Lanique, Laurie, Layne, Lorraine, Louise (B & P), Lucia, Luffy, Luis, Maria, Maritza, Maureen, Melanie, Melissa, Melkam, Nancy, Nasro, Nia, Pam, Paul (B & O), Paula, Pete, Qanita, Rebecca, Renea, Rinchen, Saba, Sabrina, Sharon, Sofia, Souad, Tegist, Tekella, Tricia, Vi, Walter, Wilberthe, Will, Yodit, Yvonne & Zewditu.

Thank you!

Anthony Grein

Food Service Director