CAMBRIDGE FOOD & NUTRITION SERVICES

December 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Alfredo Pasta or Spaghetti Alfredo Garlic Broccoli 1	Chef's Choice *Follow us on Instagram to see your school's menu @CPSD_Nutrition* 2	☆ BBQ *Halal Chicken or Tofu* Steamed Green Beans Homemade Cornbread 3	Pizza Day *BBQ Chicken, Veggie, Cheese, or Pepperoni* Salad Bar 4
Shepherd's Pie *Beef or Lentil* Whole Grain Biscuit Veggie Medley 7	Walking Tacos *Turkey or Bean* Steamed Corn 8	Burger Bar *Beef, Cheese, or Veggie* Sweet Potato Fries 9	Hand Breaded *Halal Chicken or Tofu Bites* Steamed Green Beans Dinner Roll 10	Pizza Day *Chicken Ranch, Veggie, Cheese, or Pepperoni* Salad Bar 11
Beef Meatball or Falafel Ball Sub Green Beans 14	Homemade Macaroni N' Cheese Steamed Broccoli 15	Sloppy Joes *Beef or Lentil* Potato Wedges Veegie Medley 16	☆ Jamacian Jerk *Halal Chicken or Tofu* Yellow Rice Sauteed Greens 17	Pizza Day *Buffalo Chicken, Veggie, Cheese, or Pepperoni* Salad Bar 18
Grilled Cheese Sandwich Tomato Soup Celery Sticks 21	Orange *Halal Chicken or Tofu* Brown Rice Steamed Broccoli 22	Deli Turkey Sandwich or Hummus Wrap Baked Potato Chips Carrot Sticks 23	NO SCHOOL 24	 25
Winter Break 28	 29	 30	 31	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.

CAMBRIDGE FOOD & NUTRITION SERVICES

Harvest of the Month



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

Did You Know?

The longest carrot ever grown was over 20 feet long!

Roasted Carrots

Toss sliced carrots with some olive oil, and herbs such as rosemary and thyme. Roast carrots in the oven at 375°F for 10 minutes.

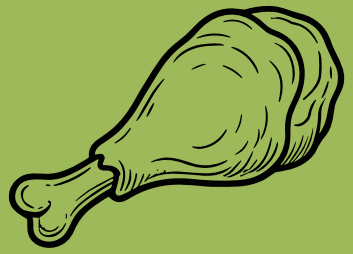
HOTM promotes a different MA-grown crop from local farms each month in school cafeterias across the state. To learn more, visit: ***massfarmtoschool.org/hotm***

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:

Halal Chicken
Mayflower Poultry
Boston, MA



Milk
Garelick Farms
Franklin, MA

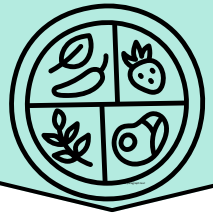


Did You Know?

Research has shown that school meals are the most nutritious food source for American children!

All thanks to the work of school nutrition professionals, parents, the school food industry, and the USDA to make school meals healthier over the past decade.

As a ***scratch-cook*** district, Cambridge is able to maximize healthy options by using local, fresh, whole ingredients to cook up high quality meals to ensure our students are well nourished and ready to learn!



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