




# April 2024

Cambridge Public Schools






## Breakfast Menu



\* Please notify the kitchen manager and Food Service office of any student allergies. Menu is subject to change\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 V Whole Grain Rich Pumpkin Bread Loaf Slice	2 V Breakfast Burrito with scrambled egg tomato salsa and shredded cheese	3 V Warm Whole Grain Rich Pancakes	4 V Protein Power Pack Hard Boiled Egg Cheese Stick Fresh Fruit Graham Crackers	5 V Strawberries & Cream Smoothie w/ Graham Crackers
8 V Whole Grain Rich Banana Bread Loaf Slice (nut free)	9 V Egg and Cheese Sandwich on a Whole Grain Rich Croissant	10 Eid al-Fitr (observed)  No School	11 V Whole Grain Rich French Toast Sticks with Fruit Toppings	12 V Very Berry Smoothie with Graham Crackers
15	16	17	18	19

# Spring Break!

22 V Whole Grain Rich Zucchini Bread Loaf Slice	23 V Chef Choice Day	24 V Breakfast Burrito with scrambled egg tomato salsa and shredded cheese	25 V Cinnamon Raisin Bagel with Cream Cheese Served Warm	26 V Fruit and Granola Parfait Cup with Vanilla Yogurt
29 V Whole Grain Rich Lemon Loaf Slice	30 V Protein Power Pack Hard Boiled Egg Cheese Stick Fresh Fruit Graham Crackers		<b>Icon Key:</b>  No Dairy, or Dairy Free Optional Halal Ingredients  Vegetarian Item  Contains Pork 	

## MENU NOTES

### BREAKFAST AROUND THE WORLD

While most countries have their own version of a pancake, Ukrainian *syrniki* pancakes stand out for a unique ingredient: a fresh farmer's cheese called *tvorog*. *Syrniki* is usually served with fruit, powdered sugar, or sour cream.

Venezuelan *arepas* are both the national dish and the country's most popular breakfast food. For breakfast, the flat corn cakes are either fried or baked and then split open like pita and filled with cooked cheese and stewed chicken or pork.

Should we try out these breakfast flavors at our schools?

### Daily Breakfast Options

Fresh Fruit

Whole Grain Rich - Low Sugar Cereal  
Yogurt Cups & Graham Crackers  
Whole Grain Muffin Varieties  
1% or Skim Milk, 100% Fruit Juice, or  
Water