

Worcester Public Schools Menu 2017-2018

		MONDAY 4-Sep	TUESDAY 5-Sep	WEDNESDAY 6-Sep	THURSDAY 7-Sep	FRIDAY 8-Sep	
B R E A K F A S T	MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT		Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	
		No School Labor Day	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	
			OR	<i>Whole Grain English Muffin</i> with Egg and Cheese	Texas Style Whole Grain Cinnamon French Toast Sticks	Whole Grain Season Muffin Yogurt Parfait	Whole Grain Maple Waffles with Chicken Sausage
				8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim
K-12							

L U N C H S E O N D A R Y	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE		>Chicken Fajita Quesadilla Brown Rice and Beans	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Beans and Brown Rice Salsa Cup Tortilla Chips	>Beef Hamburger or Cheeseburger on a Whole Grain Bun Ketchup, Mustard, Relish, Salsa Cup Macaroni and Cheese Side	> Whole Grain Pizza *Plain, Veggie and Pepperoni	
		No School Labor Day	OR	>Grilled Cheese Sandwich Triangles on Whole Wheat Bread Whole Grain Corn Bread	OR	OR	OR
			OR	>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons	>Seasoned Chicken Cajun Beans and Brown Rice Whole Grain Cheesy Garlic Bread	>Smoked Turkey Ham, Turkey, and Mozzarella Cheese on French Bread with Shredded Lettuce, Sliced Tomato and Pickles	>Tuna Salad on a Hot Dog Bun Whole Grain Cheddar Goldfish OR >South West Taco Boat Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Fajita Chicken *Shredded Cheddar Cheese
				Whole Grain Seasonal Muffin Yogurt	*Rolle Turkey *Rolle Mozzarella Whole Grain Cheesy Garlic Bread	*Cubed Ham *Cubed Mozzarella *Whole Grain Croutons Whole Grain Seasonal Muffin	Salsa Brown Rice and Black Beans
				*Vegetarian Chili and Beans with Massachusetts Grown Kale with Shredded Cheddar Cheese	*Tossed Super Salad *Three Bean Salad with Carrots	*Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham	*Tossed Super Salad *Carrot Sticks
6-12				*Green Bean and Fresh Tomato Salad *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices

*** In addition to the regular menu, the following will be available daily: SunButter and Jelly on Whole Grain Bread, Whole Grain Snack, Yogurt Cup, (vegetables and fruits per menu).**

E L E M E N T A R Y	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE		>Grilled Cheese Sandwich Sticks on Whole Wheat Bread Chef's Tomato Dipping Sauce	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips	>Diced Chicken Salad on a Whole Grain Bun	> Whole Grain Pizza *Plain, Veggie and Pepperoni
		No School Labor Day	*Hearty Vegetable Minestrone Soup *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Roasted Corn *Broccoli Florets with Low Fat Ranch *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Seasoned Roasted Potato Wedges *Carrot Sticks *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad with Light Dressing *Carrot Sticks *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices

*** In addition to the regular menu, the following will be available daily: SunButter and Jelly on Whole Grain Bread, Yogurt Cup, (vegetables and fruits per menu)**

After School Snack		No School Labor Day	*8 oz. Milk Choices *Goldfish Cheddar Crackers	*8 oz. Milk Choices *Whole Grain Cookie Snack Bites	*8 oz. Milk Choices *Whole Grain Nacho Chips	*8 oz. Milk Choices *Assorted Grain Snacks
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Elementary Menu above is served in the following schools: Belmont, Canterbury, City View, Gates Lane, Goddard, Nelson Place, Norrback, Quinsigamond, Roosevelt, Vernon Hill, Woodland Academy

**USDA is an equal opportunity provider and employer.