

Worcester Public Schools Menu 2016-2017

		MONDAY 20-Mar	TUESDAY 21-Mar	WEDNESDAY 22-Mar	THURSDAY 23-Mar	FRIDAY 24-Mar	
B		Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	
R		4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	
E	MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	
A		Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	
K		OR	OR	OR	OR	OR	
F		<i>Egg and Cheese Slider</i>	Whole Grain Season Muffin	Texas Style Whole Grain	Whole Grain Season Muffin	Whole Grain Maple Waffles	
A		on Whole Grain Bun	Yogurt Parfait	Cinnamon French Toast Sticks	Yogurt Parfait	with Chicken Sausage	
S							
T							
K-12		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	8 oz Bottle Milk choice of 1% or Skim	
		>Hamburg Sub with Peppers and Onions	>Vegetarian Chili Bean Cheese Whole Grain Tortilla Wrap Salsa Cup	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Beans and Brown Rice Salsa Cup Tortilla Chips	>BBQ Roasted Pulled Pork Sandwich on a Whole Grain Bun BBQ Sauce Macaroni and Cheese Side	> Whole Grain Pizza *Plain, Veggie and Pepperoni	
		OR				OR	
L		>Grilled Cheese Sandwich Triangles	OR			>Tuna Salad Grinder	
U		on Whole Wheat Bread	>Teriyaki Chicken Strips with Brown Rice			Whole Grain Cheddar Goldfish	
N		Whole Grain Corn Bread		OR	>Sliced Turkey, Mozzarella Cheese on French Bread with Pickles,		
C				>Rotisserie Seasoned Chicken Cajun Beans and Brown Rice Whole Grain Cheesy Garlic Bread	Shredded Lettuce and Sliced Tomato	OR	
H		OR	OR			>South West Taco Boat Salad	
S	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	>Entrée Salad:	>Entrée Salad:			*Mixed Lettuce	
E		*Mixed Lettuce	*Mixed Lettuce			*Bite Sized Cut Vegetables	
C		*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables			*Fajita Chicken	
O		*Shredded Cheese	*Cubed Ham	OR	OR	*Shredded Cheddar Cheese	
N		*Chickpea Salad	*Cubed Cheddar Cheese	>Entrée Salad:	> Entrée Salad	Salsa Brown Rice and Black Beans	
D		*Whole Grain Croutons	*Black Beans	*Mixed Lettuce			
A		Whole Grain Seasonal Muffin	Whole Grain Corn Muffin	*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables		
R		Yogurt		*Rolled Turkey	*Cubed Ham		
Y				*Rolled Mozzarella	*Cubed Mozzarella		
				Whole Grain Cheesy Garlic Bread	Whole Grain Seasonal Muffin		
6-12		*Vegetarian Chili and Beans with Massachusetts Grown Kale with Shredded Cheddar Cheese	*Shredded Lettuce and Tomato Cup *Roasted Sweet Potato Fries	*Tossed Super Salad *Three Bean Salad with Carrots	*Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham	*Tossed Super Salad Massachusetts Grown	
		*Green Bean and Fresh Tomato Salad	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Carrot Sticks *Fresh, Chilled, and Dried Fruit Selections	
		*Fresh, Chilled, and Dried Fruit Selections	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	
		*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	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	>Beef Hamburger or Cheeseburger on a Whole Wheat Bun Ketchup, Mustard, Relish	>Whole Grain Pancakes Turkey Ham Cubes Wild Blueberry Compote	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips	>Diced Chicken and Gravy Mini Buttermilk Biscuit	> Whole Grain Pizza *Plain, Veggie and Pepperoni	
L							
E							
M			*Green Bean Salad	*100% Pure Orange Juice		*Mashed Potatoes	*Tossed Super Salad with Light Dressing
K-6			*BBQ Beans with Smoked Turkey Ham	*Cinnamon Roasted Carrot Coins	*Broccoli Florets with Low Fat Ranch	*Peas and Carrots	Massachusetts Grown
		*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Celery Sticks *Fresh, Chilled, and Dried Fruit Selections	
		*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*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		*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	
Snack		*Whole Grain Cookie Snack	*Goldfish Cheddar Crackers	*Whole Grain Cookie Snack Bites	*Assorted Grain Snacks	*Assorted Grain Snacks	
Elementary Menu above is served in the following schools: Belmont, Canterbury, City View, Gates Lane, Goddard, Norrback, Quinsigamond, Roosevelt, Vernon Hill, Woodland Academy							
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