

Worcester Public Schools Menu 2016-2017

		MONDAY 27-Mar	TUESDAY 28-Mar	WEDNESDAY 29-Mar	THURSDAY 30-Mar	FRIDAY 31-Mar
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	Assorted Fruit Selections 4 oz. 100% Pure Juice
		Assorted Cereal Whole Grain Snack OR <i>Egg and Cheese Slider</i> on Whole Grain Bun	Assorted Cereal Whole Grain Snack OR Whole Grain Season Muffin Yogurt Parfait	Assorted Cereal Whole Grain Snack OR Texas Style Whole Grain Cinnamon French Toast Sticks	Assorted Cereal Whole Grain Snack OR Whole Grain Season Muffin Yogurt Parfait	Assorted Cereal Whole Grain Snack OR Whole Grain Maple Waffles with Chicken Sausage
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
		>Chicken Nuggets Whole Grain Mini Biscuit Macaroni and Cheese Side	>Vegetarian Chili Bean Cheese Whole Grain Tortilla Wrap Salsa Cup	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Beans and Brown Rice Salsa Cup	>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
L U N C H		OR >Grilled Cheese Sandwich Triangles on Whole Wheat Bread Whole Grain Corn Bread	OR >Teriyaki Chicken Strips with Brown Rice	OR >Rotisserie Seasoned Chicken Cajun Beans and Brown Rice Whole Grain Cheesy Garlic Bread	OR >Smoked Turkey Ham, Turkey, and Mozzarella Cheese on French Bread with Shredded Lettuce, Sliced Tomato and Pickles	OR >Tuna Salad Grinder Whole Grain Cheddar Goldfish
S E C O N D	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	OR >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons	OR >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Cheddar Cheese *Black Beans Whole Grain Corn Muffin	OR >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Rolled Turkey *Rolled Mozzarella Whole Grain Cheesy Garlic Bread	OR > Entrée Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Mozzarella Whole Grain Seasonal Muffin	OR >South West Taco Boat Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Fajita Chicken *Shredded Cheddar Cheese Salsa Brown Rice and Black Beans
6-12		*Vegetarian Chili and Beans with Massachusetts Grown Kale with Shredded Cheddar Cheese *Green Bean and Fresh Tomato Salad *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Shredded Lettuce and Tomato Cup *Roasted Sweet Potato Fries *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad *Three Bean Salad with Carrots *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad Massachusetts Grown *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, 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	>Hamburg Mini Sub with Cheese Onions and Peppers	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips	>Oven Roasted Chicken Mini Buttermilk Biscuit	> Whole Grain Pizza *Plain, Veggie and Pepperoni
K-6		*Hearty Seasonal Vegetable Minestrone Soup *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Mild Chili Taco Beans *Roasted Seasoned Green Beans *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Broccoli Florets with Low Fat Ranch *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Roasted Corn *Carrots Sticks *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad with Light Dressing Massachusetts Grown *Celery 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		*8 oz. Milk Choices *Whole Grain Cookie Snack	*8 oz. Milk Choices *Goldfish Cheddar Crackers	*8 oz. Milk Choices *Whole Grain Cookie Snack Bites	*8 oz. Milk Choices *Assorted Grain Snacks	*8 oz. Milk Choices *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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