

**Worcester Public Schools Menu 2016-2017**

<b>Worcester Public Schools Menu 2016-2017</b>							
		<b>MONDAY</b> 10-Apr	<b>TUESDAY</b> 11-Apr	<b>WEDNESDAY</b> 12-Apr	<b>THURSDAY</b> 13-Apr	<b>FRIDAY</b> 14-Apr	
<b>B</b>	<b>MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT</b>	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections		
<b>R</b>		4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	4 oz. 100% Pure Juice		
<b>E</b>							
<b>A</b>		Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal		
<b>K</b>		Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	No School	
<b>F</b>		<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>		
<b>A</b>		<i>Egg and Cheese Slider</i>	Whole Grain Season Muffin	Texas Style Whole Grain	Whole Grain Maple Waffles		
<b>S</b>		on Whole Grain Bun	Yogurt Parfait	Cinnamon French Toast Sticks	with Chicken Sausage		
<b>T</b>							
<b>K-12</b>		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	>Vegetarian Chili Bean Cheese	>Beef Taco Bowl	>Beef Hamburger or Cheeseburger		
		Whole Grain Mini Biscuit	Whole Grain Tortilla Wrap	Shredded Cheddar Cheese	on a Whole Grain Bun		
		Macaroni and Cheese Side	Salsa Cup	Cajun Beans and Brown Rice	Ketchup, Mustard, Relish, Salsa Cup		
<b>L</b>				Salsa Cup	Macaroni and Cheese Side		
<b>U</b>		<b>OR</b>	<b>OR</b>	Tortilla Chips			
<b>N</b>		>Grilled Cheese Sandwich Triangles	>Teriyaki Chicken Strips with Brown Rice		<b>OR</b>	No School	
<b>C</b>		on Whole Wheat Bread		<b>OR</b>	>Smoked Turkey Ham, Turkey, and		
<b>H</b>		Whole Grain Corn Bread	<b>OR</b>	>Rotisserie Seasoned Chicken	Mozzarella Cheese on French Bread		
<b>S</b>	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	<b>OR</b>	>Entrée Salad:	Cajun Beans and Brown Rice	with Shredded Lettuce, Sliced Tomato		
<b>E</b>			>Entrée Salad:	Whole Grain Cheesy Garlic Bread	and Pickles		
<b>C</b>			*Mixed Lettuce	*Mixed Lettuce			
<b>O</b>			*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables	<b>OR</b>	<b>OR</b>	
<b>N</b>			*Shredded Cheese	*Cubed Ham	>Entrée Salad:	> Entrée Salad	
<b>D</b>			*Chickpea Salad	*Cubed Cheddar Cheese	*Mixed Lettuce	*Mixed Lettuce	
<b>A</b>		*Whole Grain Croutons	*Black Beans	*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables		
<b>R</b>		Whole Grain Seasonal Muffin	Whole Grain Corn Muffin	*Rolled Turkey	*Cubed Ham		
<b>Y</b>		Yogurt		*Rolled Mozzarella	*Cubed Mozzarella		
				Whole Grain Cheesy Garlic Bread	Whole Grain Seasonal Muffin		
<b>6-12</b>		*Vegetarian Chili and Beans with <b>Massachusetts Grown</b> Kale	*Shredded Lettuce and Tomato Cup	*Tossed Super Salad	*Roasted Spicy Potato Fries		
		with Shredded Cheddar Cheese	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham		
		*Green Bean and Fresh Tomato Salad	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and		
		*Fresh, Chilled, and	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections		
		Dried Fruit Selections	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices		
		*8 oz. Bottled Milk Choices					
<b>* 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).</b>							
<b>E</b>	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	>Chicken Fajita Quesadilla	>Sliced Turkey and Mozzarella Cheese	>Beef Taco Bowl	>Oven Roasted Chicken		
<b>L</b>		Salsa Cup	on a Hot Dog Roll	Shredded Cheddar Cheese	Mini Buttermilk Biscuit		
<b>E</b>				Cajun Brown Rice and Black Beans		No School	
<b>M</b>				Salsa Cup			
			*Hearty Vegetable Taco Bean Soup	*Shredded Lettuce, Sliced Tomato, Pickles	Tortilla Chips	*Roasted Corn	
<b>K-6</b>			*Fresh, Chilled, and	*BBQ Beans with Smoked Turkey Ham	*Broccoli Florets with Low Fat Ranch	*Carrots Sticks	
		Dried Fruit Selections	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and		
		*8 oz. Bottled Milk Choices	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections		
			*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices		
<b>* 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)</b>							
<b>After</b>							
<b>School</b>		*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	No School	
<b>Snack</b>		*Whole Grain Cookie Snack	*Goldfish Cheddar Crackers	*Whole Grain Cookie Snack Bites	*Assorted Grain Snacks		
<b>Elementary Menu above is served in the following schools: Belmont, Canterbury, City View, Gates Lane, Goddard, Norrback, Quinsigamond, Roosevelt, Vernon Hill, Woodland Academy</b>							
<b>**USDA is an equal opportunity provider and employer.</b>							