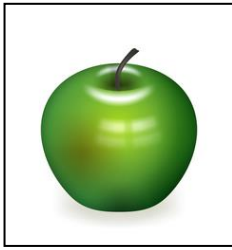


# March 2017



## Worcester Public Schools

where all student meals are served free  
(must take 3 of 5 including fruit or vegetable, may take all)



### Classroom Breakfast Weekly Rotation (in lieu of Before the Bell)

all children in attendance are served breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
4 oz. 100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Graham Cracker Pack 8 oz. Bottled Milk: 1% or Skim	4 oz. 100% Juice Fresh Fruit in Season Cinnamon French Toast Sticks 8 oz. Bottled Milk: 1% or Skim	4 oz. 100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Graham Cracker Snack 8 oz. Bottled Milk: 1% or Skim	4 oz. 100% Juice Fresh Fruit in Season Whole Grain Seasonal Muffin 4 oz. Fruited Yogurt 8 oz. Bottled Milk: 1% or Skim	4 oz. 100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Graham Cracker Snack 8 oz. Bottled Milk: 1 oz. or Skim

As served at: Belmont, Burncoat Street Prep, Canterbury, Chandler Elementary, Chandler Magnet, City View, Clark Street, Columbus Park, Elm Park, McGrath, Gates Lane, Goddard, Grafton Street, Jacob Hiatt, Lake View, Lincoln Street, Quinsigamond, Rice Square, Union Hill, Vernon Hill, Wawecus, and Woodland Academy.

### Before the Bell Breakfast Weekly Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
4 oz. Orange Juice Assorted Fruit Selections  Egg and Cheese Slider On Whole Grain Bun OR Assorted Whole Grain Cereals Graham Cracker Pack  8 oz. Bottled Milk: 1% or Skim	4 oz. Orange Juice Assorted Fruit Selections  Seasonal Muffin 4 oz. Fruited Yogurt OR Assorted Whole Grain Cereals Graham Cracker Pack  8 oz. Bottled Milk: 1% or Skim	4 oz. Orange Juice Assorted Fruit Selection  <i>Texas Style Whole Grain</i> Cinnamon French Toast Sticks OR Assorted Whole Grain Cereals Graham Cracker Pack  8 oz. Bottled Milk: 1% or Skim	4 oz. Orange Juice Assorted Fruit Selection  Seasonal Muffin 4 oz. Fruited Yogurt OR Assorted Whole Grain Cereals Graham Cracker Pack  8 oz. Bottled Milk: 1% or Skim	4 oz. Orange Juice Assorted Fruit Selection  Whole Grain Maple Waffles with Chicken Sausage OR Assorted Whole Grain Cereals Graham Cracker Pack  8 oz. Bottled Milk: 1% or Skim

### Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 6, 2017</b>	<b>March 7, 2017</b>	<b>March 8, 2017</b>	<b>March 9, 2017</b>	<b>March 10, 2017</b>
Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Mini Corn Dogs Mustard Fresh Corn Salad Broccoli Florets Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	<i>Chef's</i> Meatball and Sauce Bowl with Whole Grain Mini Sub Roll Fresh Three Bean Legume Salad Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Grilled Cheese on Whole Grain or <i>Fresh</i> Hamburger/Cheeseburger On Whole Grain Bun with Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavor</i>	<i>Fresh</i> Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>
<b>March 13, 2017</b>	<b>March 14, 2017</b>	<b>March 15, 2017</b>	<b>March 16, 2017</b>	<b>March 17, 2017</b>
Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Beef Hot Dog Whole Grain Bun Mustard <i>Mild</i> Hot Dog Chili Taco Beans Broccoli Florets Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	<i>Chef's</i> Beef Taco Bowl with Cheddar and Salsa Nacho Chips Turtle Bean Salad Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Grilled Cheese on Whole Grain or <i>Fresh</i> Turkey Ham and Mozzarella on Whole Grain French Bread with Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	<i>Fresh</i> Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>

In addition to the regular menu, the following BUNDLE will also be available daily:

Sunbutter and Jelly with Whole Grain Bread / 4 oz. Yogurt Cup / Vegetable and Fruits per Menu / 8 oz. Bottled Milk Selections

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK \*\*\*\*

March 20, 2017	March 21, 2017	March 22, 2017	March 23, 2017	March 24, 2017
Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Mini Corn Dogs Mustard Fresh Corn Salad Broccoli Florets Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Chef's Meatball and Sauce Bowl with Whole Grain Mini Sub Roll Fresh Three Bean Legume Salad Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Grilled Cheese on Whole Grain or Fresh Chicken Salad On Whole Grain Hot Dog Bun with Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavor</i>	Fresh Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>
March 27, 2017	March 28, 2017	March 29, 2017	March 30, 2017	March 31, 2017
Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Beef Hot Dog Whole Grain Bun Mustard Mild Hot Dog Chili Taco Beans Broccoli Florets Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Chef's Beef Taco Bowl with Cheddar and Salsa Nacho Chips Turtle Bean Salad Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Grilled Cheese on Whole Grain or Chef's Mini Hamburg Sub with Peppers and Onions on Whole Grain Mini Sub Roll Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Fresh Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>

In addition to the regular menu, the following BUNDLE will also be available daily:

Sunbutter and Jelly with Whole Grain Bread / 4 oz. Yogurt Cup / Vegetable and Fruits per Menu / 8 oz. Bottled Milk Selections

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK \*\*\*\*

### After School Snack Weekly Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Snack 8 oz. Bottled Milk Assorted Flavors	Whole Grain Snack 8 oz. Bottled Milk Assorted Flavors	Whole Grain Snack 8 oz. Bottled Milk Assorted Flavors	Whole Grain Snack 8 oz. Bottled Milk Assorted Flavors	Whole Grain Snack 8 oz. Bottled Milk Assorted Flavors

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* USDA is an equal opportunity provider and employer.

