

# January 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  Texas Style Whole Grain 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
January 2, 2017	January 3, 2017	January 4, 2017	January 5, 2017	January 6, 2017
	Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	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 Plain and Assorted Flavors	Grilled Cheese on Whole Grain or Fresh Hamburger/Cheeseburger On Whole Grain Bun with Broccoli Florets Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	Fresh Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors
January 9, 2017	January 10, 2017	January 11, 2017	January 12, 2017	January 13, 2017
Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	Beef Hot Dog Whole Grain Bun Mustard Fresh Corn Salad Broccoli Florets Fresh Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	Chef's Beef Taco Bowl with Cheddar and Salsa Nacho Chips Turtle Bean Salad Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	Chef's Chicken and Gravy Boat Mashed Potatoes Whole Grain Biscuit Diced Carrots and Peas Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	Fresh Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors

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 \*\*\*\*

January 16, 2017	January 17, 2017	January 18, 2017	January 19, 2017	January 20, 2017
	Whole Grain Pancakes Warm Cinnamon Apples Yogurt Veggie Juice Carrot Sticks 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 <i>or</i> <i>Fresh</i> Chicken Salad on Whole Grain Hot Dog Roll <i>with</i> Broccoli Florets Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk	<i>Fresh</i> Cheese Pizza Special <i>Fresh</i> Corn Salad Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>
January 23, 2017	January 24, 2017	January 25, 2017	January 26, 2017	January 27, 2017
Chicken Nuggets Whole Grain Mini Biscuit <i>Fresh</i> 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>	Beef Rib-B-Q on Whole Grain Roll <i>with</i> <i>Mild</i> Hot Dog Chili Taco Beans Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk	<i>Chef's</i> Turkey Dinner Roasted Turkey with Gravy Dressing Cup Mashed Potatoes Mixed Vegetables 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>

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### After School Snack Weekly Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Snack 8 oz. Bottled Milk <i>Assorted Flavors</i>	Whole Grain Snack 8 oz. Bottled Milk <i>Assorted Flavors</i>	Whole Grain Snack 8 oz. Bottled Milk <i>Assorted Flavors</i>	Whole Grain Snack 8 oz. Bottled Milk <i>Assorted Flavors</i>	Whole Grain Snack 8 oz. Bottled Milk <i>Assorted Flavors</i>

**\*\*\* MENU SUBJECT TO CHANGE.**

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

