

Worcester Public Schools Menu 2016-2017						
		MONDAY 24-Apr	TUESDAY 25-Apr	WEDNESDAY 26-Apr	THURSDAY 27-Apr	FRIDAY 28-Apr
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		8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk
T		choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim
K-12						
		>Chicken Fajita Quesadilla	>Vegetarian Chili Bean Cheese	>Beef Taco Bowl	>BBQ Roasted Pulled Pork Sandwich	> Whole Grain Pizza
		Brown Rice and Beans	Whole Grain Tortilla Wrap	Shredded Cheddar Cheese	on a Whole Grain Bun	*Plain, Veggie and Pepperoni
			Salsa Cup	Cajun Beans and Brown Rice	BBQ Sauce	
L		OR	OR	Salsa Cup	Macaroni and Cheese Side	OR
U		>Grilled Cheese Sandwich Triangles	OR	Tortilla Chips		>Tuna Salad Grinder
N		on Whole Wheat Bread	>Teriyaki Chicken Strips with Brown Rice		OR	Whole Grain Cheddar Goldfish
C		Whole Grain Corn Bread		OR	>Sliced Turkey, Mozzarella Cheese	
H			OR	>Rotisserie Seasoned Chicken	on French Bread with Pickles,	OR
S	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	OR	>Entrée Salad:	Cajun Beans and Brown Rice	Shredded Lettuce and Sliced Tomato	>South West Taco Boat Salad
E		>Entrée Salad:	*Mixed Lettuce	Whole Grain Cheesy Garlic Bread		*Mixed Lettuce
C		*Mixed Lettuce	*Bite Sized Cut Vegetables		OR	*Bite Sized Cut Vegetables
O		*Bite Sized Cut Vegetables	*Cubed Ham		> Entrée Salad	*Fajita Chicken
N		*Shredded Cheese	*Cubed Cheddar Cheese		*Mixed Lettuce	*Shredded Cheddar Cheese
D	*Chickpea Salad	*Black Beans		*Bite Sized Cut Vegetables	Salsa Brown Rice and Black Beans	
A	*Whole Grain Croutons	Whole Grain Corn Muffin		*Cubed Ham		
R	Whole Grain Seasonal Muffin			*Rolled Turkey		
Y	Yogurt			*Rolled Mozzarella	Whole Grain Seasonal Muffin	
				Whole Grain Cheesy Garlic Bread		
6-12		*Vegetarian Chili and Beans with	*Shredded Lettuce and Tomato Cup	*Tossed Super Salad	*Roasted Spicy Potato Fries	*Tossed Super Salad
		Massachusetts Grown Kale	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	*Carrot Sticks
		with Shredded Cheddar Cheese	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and
		*Green Bean and Fresh Tomato Salad	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections
		*Fresh, Chilled, and	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices
		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	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	>Grilled Cheese Sandwich Sticks on	>Whole Grain Pancakes	>Beef Taco Bowl	>Diced Chicken Salad Grinder	> Whole Grain Pizza
L		Whole Wheat Bread	Turkey Ham Cubes	Shredded Cheddar Cheese		*Plain, Veggie and Pepperoni
E		Chef's Tomato Dipping Sauce	Wild Blueberry Compote	Cajun Brown Rice and Black Beans		
M				Salsa Cup		
				Tortilla Chips		
		*Hearty Seasonal Vegetable Minestrone	*Vegetable Blend Juice		*Seasoned Oven Roasted Potato Wedges	
		*Fresh, Chilled, and	*Cinnamon Roasted Carrot Coins	*Broccoli Florets with Low Fat Ranch	*Carrot Sticks	*Tossed Super Salad with Light Dressing
K-6		Dried Fruit Selections	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Celery Sticks
		*8 oz. Bottled Milk Choices	Dried Fruit Selections	Dried Fruit Selections	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
* 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						
**USDA is an equal opportunity provider and employer.						