

Worcester Public Schools Menu 2016-2017

Worcester Public Schools Menu 2016-2017							
		MONDAY 3-Apr	TUESDAY 4-Apr	WEDNESDAY 5-Apr	THURSDAY 6-Apr	FRIDAY 7-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	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	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	OR	>Sliced Turkey, Mozzarella Cheese	OR	
H		OR	>Entrée Salad <i>with Ham and Cheddar</i>	>Rotisserie Seasoned Chicken	on French Bread with Pickles,	>South West Taco Boat Salad	
S		>Entrée Salad <i>with Chick Peas</i>	*Mixed Lettuce	Cajun Beans and Brown Rice	Shredded Lettuce and Sliced Tomato	*Mixed Lettuce	
E		*Mixed Lettuce	*Bite Sized Cut Vegetables	Whole Grain Cheesy Garlic Bread	OR	*Bite Sized Cut Vegetables	
C		*Bite Sized Cut Vegetables	*Cubed Ham	OR	> Entrée Salad <i>with Ham & Mozzarella</i>	*Fajita Chicken	
O		*Shredded Cheese	*Cubed Cheddar Cheese	>Entrée Salad <i>with Turkey and Mozz</i>	*Mixed Lettuce	*Shredded Cheddar Cheese	
N		*Chickpea Salad	*Black Beans	*Mixed Lettuce	*Bite Sized Cut Vegetables	Salsa Brown Rice and Black Beans	
D		*Whole Grain Croutons	Whole Grain Corn Muffin	*Bite Sized Cut Vegetables	*Cubed Ham		
A		Whole Grain Seasonal Muffin		*Rolled Turkey	*Cubed Mozzarella		
R		Yogurt		*Rolled Mozzarella	Whole Grain Seasonal Muffin		
Y				Whole Grain Cheesy Garlic Bread			
		*Vegetarian Chili and Beans with					
		Massachusetts Grown Kale					
6-12		with Shredded Cheddar Cheese	*Shredded Lettuce and Tomato Cup	*Tossed Super Salad	*Roasted Spicy Potato Fries	*Tossed Super Salad	
		*Green Bean and Fresh Tomato Salad	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	*Carrot Sticks	
		*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	
		Dried Fruit Selections	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	*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).							
		>Beef Hamburger or Cheeseburger	>Whole Grain Pancakes	>Beef Taco Bowl	>Diced Chicken Salad Grinder	> Whole Grain Pizza	
E	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	on a Whole Wheat Bun	Turkey Ham Cubes	Shredded Cheddar Cheese		*Plain, Veggie and Pepperoni	
L		Ketchup, Mustard, Relish	Wild Blueberry Compote	Cajun Brown Rice and Black Beans			
E				Salsa Cup			
M			*Green Bean Salad	*Vegetable Blend Juice	Tortilla Chips	*Seasoned Oven Roasted Potato Wedges	
			*BBQ Beans with Smoked Turkey Ham	*Cinnamon Roasted Carrot Coins		*Carrot Sticks	*Tossed Super Salad with Light Dressing
K-6		*Fresh, Chilled, and	*Fresh, Chilled, and	*Broccoli Florets with Low Fat Ranch	*Fresh, Chilled, and	*Celery Sticks	
		Dried Fruit Selections	Dried Fruit Selections	*Fresh, Chilled, and	Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	
		*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	Dried Fruit Selections	*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							
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