

Worcester Public Schools Menu 2016-2017

		MONDAY 9-Jan	TUESDAY 10-Jan	WEDNESDAY 11-Jan	THURSDAY 12-Jan	FRIDAY 13-Jan
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						
T		8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk
K-12		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
		>Glazed BBQ Chicken Griller Strips on a Whole Grain Bun	>Vegetarian Chili Bean Cheese Whole Grain Tortilla Wrap	>Beef Taco Nacho Boat with Shredded Cheddar Cheese	>Beef Hamburger or Cheeseburger on a Whole Grain Bun	> Whole Grain Pizza *Plain, Veggie and Pepperoni
		Macaroni and Cheese Side	Salsa Cup	Cajun Brown Rice and Black Beans	Ketchup, Mustard, Relish, Salsa Cup	
L				Salsa Cup	Macaroni and Cheese Side	OR
U		OR	OR			>Tuna Salad Grinder
N		>Grilled Cheese Sandwich Triangles	>Teriyaki Chicken Strips with Brown Rice	OR	OR	Whole Grain Cheddar Goldfish
C		on Whole Wheat Bread		>Rotisserie Seasoned Chicken	>Smoked Turkey Ham, Turkey, and	
H		Whole Grain Corn Bread	OR	Cajun Beans and Brown Rice	Mozzarella Cheese on French Bread	OR
	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE		>Entrée Salad:		with Shredded Lettuce, Sliced Tomato	>South West Taco Boat Salad
S		OR	*Mixed Lettuce	OR	and Pickles	*Mixed Lettuce
E		>Entrée Salad:	*Bite Sized Cut Vegetables	>Entrée Salad:		*Bite Sized Cut Vegetables
C		*Mixed Lettuce	*Cubed Ham	*Mixed Lettuce	OR	*Fajita Chicken
O		*Bite Sized Cut Vegetables	*Cubed Cheddar Cheese	*Bite Sized Cut Vegetables	> Entrée Salad	*Shredded Cheddar Cheese
N		*Shredded Cheese	*Black Beans	*Rolled Turkey	*Mixed Lettuce	Salsa Brown Rice and Black Beans
D	*Chickpea Salad	Whole Grain Corn Muffin	*Rolled Mozzarella	*Bite Sized Cut Vegetables		
A	*Whole Grain Croutons		Whole Grain Cheesy Garlic Bread	*Cubed Ham		
R	Whole Grain Seasonal Muffin			*Cubed Mozzarella		
Y	Yogurt			Whole Grain Seasonal Muffin		
		*Vegetarian Chili and Beans with	*Shredded Lettuce and Tomato Cup	*Tossed Super Salad	Massachusetts Grown	*Tossed Super Salad
6-12		Massachusetts Grown Kale	Massachusetts Grown	*Three Bean Salad with Carrots	*Roasted Spicy Potato Wedges	Massachusetts Grown
		with Shredded Cheddar Cheese	*Roasted Sweet Potato Fries	*Fresh, Chilled, and	*BBQ Beans with Smoked Turkey Ham	*Carrot Sticks
		*Green Bean and Fresh Tomato Salad	*Fresh, Chilled, and	Dried Fruit Selections	*Fresh, Chilled, and	*Fresh, Chilled, and
		*Fresh, Chilled, and	Dried Fruit Selections	*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
		*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	>Oven Roasted Chicken	> 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	Mini Buttermilk Biscuit	*Plain, Veggie and Pepperoni
L		Ketchup, Mustard, Relish	Wild Blueberry Compote	Cajun Brown Rice and Black Beans		
E				Salsa Cup		
M				Tortilla Chips		
		*Green Bean Salad	*100% Pure Orange Juice		*Roasted Corn	*Tossed Super Salad with Light Dressing
		*BBQ Beans with Smoked Turkey Ham	*Cinnamon Roasted Carrot Coins	*Broccoli Florets with Low Fat Ranch	*Rainbow Vegetable Slaw	Massachusetts Grown
K-6		*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Celery Sticks
		Dried Fruit Selections	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	*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	*4 oz. Yogurt	*8 oz. Milk Choices
Snack		*Whole Grain Cookie Snack	*Goldfish Cheddar Crackers	*Whole Grain Cookie Snack Bites	*Fresh, Chilled or Dried Fruit Selections	*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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