

Worcester Public Schools Menu 2016-2017

		MONDAY 16-Jan	TUESDAY 17-Jan	WEDNESDAY 18-Jan	THURSDAY 19-Jan	FRIDAY 20-Jan
B R E A K F A S T	MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT	No School	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice
K-12			Assorted Cereal Whole Grain Snack OR <i>Egg and Cheese Slider</i> on Whole Grain Bun	Assorted Cereal Whole Grain Snack OR Texas Style Whole Grain Cinnamon French Toast Sticks	Assorted Cereal Whole Grain Snack OR Whole Grain Season Muffin Yogurt Parfait	Assorted Cereal Whole Grain Snack OR Whole Grain Maple Waffles with Chicken Sausage
			8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim
L U N C H	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	No School	>Chicken Nuggets Whole Grain Mini Biscuit Macaroni and Cheese Side	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Beans and Brown Rice Salsa Cup Tortilla Chips	>BBQ Roasted Pulled Pork Sandwich on a Whole Grain Bun BBQ Sauce Macaroni and Cheese Side	> Whole Grain Pizza *Plain, Veggie and Pepperoni
S E C O N D B R E A K			>Grilled Cheese Sandwich Triangles on Whole Wheat Bread Whole Grain Corn Bread	OR >Rotisserie Seasoned Chicken Cajun Beans and Brown Rice	OR >Sliced Turkey, Mozzarella Cheese on French Bread with Pickles, Shredded Lettuce and Sliced Tomato	OR >Tuna Salad Grinder Whole Grain Cheddar Goldfish
6-12			OR >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons Whole Grain Seasonal Muffin Yogurt	OR >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Rolled Turkey *Rolled Mozzarella Whole Grain Cheesy Garlic Bread	OR > Entrée Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Mozzarella Whole Grain Seasonal Muffin	OR >South West Taco Boat Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Fajita Chicken *Shredded Cheddar Cheese Salsa Brown Rice and Black Beans
			*Vegetarian Chili and Beans with Massachusetts Grown Kale with Shredded Cheddar Cheese *Green Bean and Fresh Tomato Salad *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad *Three Bean Salad with Carrots *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	Massachusetts Grown *Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad Massachusetts Grown *Carrot Sticks *Fresh, Chilled, and 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 L E M E N T A R Y	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	No School	>Grilled Cheese Sandwich Sticks on Whole Wheat Bread Chef's Tomato Dipping Sauce	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips	>Diced Chicken and Gravy Mini Buttermilk Biscuit	> Whole Grain Pizza *Plain, Veggie and Pepperoni
K-6			*Hearty Seasonal Vegetable Minestrone Soup *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Broccoli Florets with Low Fat Ranch *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Mashed Potatoes *Peas and Carrots *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad with Light Dressing Massachusetts Grown *Carrot Sticks *Fresh, Chilled, and 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, Yogurt Cup, (vegetables and fruits per menu)						
After School Snack		No School	*8 oz. Milk Choices *Goldfish Cheddar Crackers	*8 oz. Milk Choices *Whole Grain Cookie Snack Bites	*4 oz. Yogurt *Fresh, Chilled or Dried Fruit Selections	*8 oz. Milk Choices *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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