

**Worcester Public Schools Menu 2016-2017**

		<b>MONDAY</b> 13-Mar	<b>TUESDAY</b> 14-Mar	<b>WEDNESDAY</b> 15-Mar	<b>THURSDAY</b> 16-Mar	<b>FRIDAY</b> 17-Mar
<b>B</b>		Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections
<b>R</b>		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
<b>E</b>	<b>MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT</b>					
<b>A</b>		Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
<b>K</b>		Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack
<b>F</b>		<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
<b>A</b>		<i>Egg and Cheese Slider</i>	Whole Grain Season Muffin	Texas Style Whole Grain	Whole Grain Season Muffin	Whole Grain Maple Waffles
<b>S</b>		on Whole Grain Bun	Yogurt Parfait	Cinnamon French Toast Sticks	Yogurt Parfait	with Chicken Sausage
<b>T</b>						
<b>K-12</b>		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	8 oz Bottle Milk choice of 1% or Skim
		>Chicken Fajita Quesadilla	>Vegetarian Chili Bean Cheese	>Beef Taco Bowl	>Beef Hamburger or Cheeseburger	> 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	Ketchup, Mustard, Relish, Salsa Cup	
<b>L</b>	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
<b>U</b>		>Grilled Cheese Sandwich Triangles	>Teriyaki Chicken Strips with Brown Rice	Tortilla Chips	Macaroni and Cheese Side	>Tuna Salad Grinder
<b>N</b>		on Whole Wheat Bread				Whole Grain Cheddar Goldfish
<b>C</b>		Whole Grain Corn Bread				
<b>H</b>		<b>OR</b>	<b>OR</b>	>Rotisserie Seasoned Chicken	Mozzarella Cheese on French Bread	<b>OR</b>
<b>S</b>	>Entrée Salad:	>Entrée Salad:	Cajun Beans and Brown Rice	with Shredded Lettuce, Sliced Tomato	>South West Taco Boat Salad	
<b>E</b>	*Mixed Lettuce	*Mixed Lettuce	Whole Grain Cheesy Garlic Bread	and Pickles	*Mixed Lettuce	
<b>C</b>	*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables			*Bite Sized Cut Vegetables	
<b>O</b>	*Shredded Cheese	*Cubed Ham	<b>OR</b>	<b>OR</b>	*Fajita Chicken	
<b>N</b>	*Chickpea Salad	*Cubed Cheddar Cheese	>Entrée Salad:	> Entrée Salad	*Shredded Cheddar Cheese	
<b>D</b>	*Whole Grain Croutons	*Black Beans	*Mixed Lettuce	*Mixed Lettuce	Salsa Brown Rice and Black Beans	
<b>A</b>	Whole Grain Seasonal Muffin	Whole Grain Corn Muffin	*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables		
<b>R</b>	Yogurt		*Rolled Turkey	*Cubed Ham		
<b>Y</b>			*Rolled Mozzarella	*Cubed Mozzarella		
			Whole Grain Cheesy Garlic Bread	Whole Grain Seasonal Muffin		
		*Vegetarian Chili and Beans with	*Shredded Lettuce and Tomato Cup	*Tossed Super Salad	*Roasted Spicy Potato Fries	*Tossed Super Salad
<b>6-12</b>		<b>Massachusetts Grown</b> Kale	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	<b>Massachusetts Grown</b>
		with Shredded Cheddar Cheese	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Carrot Sticks
		*Green Bean and Fresh Tomato Salad	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	*Fresh, Chilled, and
		*Fresh, Chilled, and	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	Dried Fruit Selections
		Dried Fruit Selections				*8 oz. Bottled Milk Choices
		*8 oz. Bottled Milk Choices				
<b>* 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).</b>						
		>Chicken Fajita Quesadilla	>Sliced Turkey and Mozzarella Cheese	>Beef Taco Bowl	>Oven Roasted Chicken	> Whole Grain Pizza
<b>E</b>	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>		on French Bread	Shredded Cheddar Cheese	Mini Buttermilk Biscuit	*Plain, Veggie and Pepperoni
<b>L</b>				Cajun Brown Rice and Black Beans		
<b>E</b>				Salsa Cup		
<b>M</b>				Tortilla Chips		
		*Roasted Corn	*Shredded Lettuce, Sliced Tomato, Pickles		*Roasted Corn	*Tossed Super Salad with Light Dressing
	*Mild Chili Taco Beans	*Hearty Seasonal Vegetable Minestrone Soup	*Broccoli Florets with Low Fat Ranch	*Carrots Sticks	<b>Massachusetts Grown</b>	
<b>K-6</b>	*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	
<b>* 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)</b>						
<b>After</b>						
<b>School</b>		*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices
<b>Snack</b>		*Whole Grain Cookie Snack	*Goldfish Cheddar Crackers	*Whole Grain Cookie Snack Bites	*Assorted Grain Snacks	*Assorted Grain Snacks
<b>Elementary Menu above is served in the following schools: Belmont, Canterbury, City View, Gates Lane, Goddard, Norrback, Quinsigamond, Roosevelt, Vernon Hill, Woodland Academy</b>						
<b>**USDA is an equal opportunity provider and employer.</b>						