



# December 2017

## Worcester Public Schools

All Student Meals are Served Free  
(must take 3 out of 5 menu items including fruits or vegetables)

Served at: Nelson Place, Norrback, Roosevelt

### Before the Bell Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Whole Grain Cereals Whole Grain Snack <b>OR</b> Whole Grain Muffin Yogurt Parfait  Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack <b>OR</b> Cinnamon French Toast Bake  Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack <b>OR</b> Egg and Cheese Slider on Whole Grain Bun  Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack <b>OR</b> Whole Grain Muffin Yogurt Parfait  Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack <b>OR</b> Egg and Cheese Omelet on Whole Grain Bun  Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim

### Lunch

MONDAY December 4	TUESDAY December 5	WEDNESDAY December 6	THURSDAY December 7	FRIDAY December 8
Beef Hamburger Grinder Roasted Sweet Potato Fries Black Bean Salad Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Whole Grain Pancakes Yogurt Cup Wild Blueberry Fruit Compote Vegetable Blend Juice Cinnamon Roasted Carrot Coins Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Taco Bowl with Shredded Orange Cheddar Cheese Tortilla Chips and Salsa Cup Roasted Corn Broccoli Florets with Low Fat Ranch Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Oven Roasted Chicken Mini Buttermilk Biscuit Whole Grain Corn Muffin Roasted Potato Wedges Mixed Carrots and Peas Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Whole Grain Pizza <i>Cheese, Veggie and Pepperoni</i> Tossed Super Salad with Dressing Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim

### After School Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Goldfish Cheddar Crackers Fresh Fruit in Season	Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Whole Grain Nacho Tortilla Chips Fresh Fruit in Season	Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>

In addition to the regular menu, the following bundle will also be available daily:  
Sunbutter and Jelly with Whole Grain Bread / Yogurt Cup / Vegetable and Fruits per Menu / 8 oz. Bottled Milk Selections

\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK

\*\*\* MENU SUBJECT TO CHANGE

\*\*\* USDA is an equal opportunity provider and employer

