



November 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 OR Cinnamon French Toast Bake Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack OR Seasonal Muffin Yogurt Parfait Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack OR Cinnamon French Toast Bake Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack OR Seasonal Muffin Yogurt Parfait Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack OR Egg and Cheese on Whole Grain Bun Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim

Lunch

MONDAY November 13	TUESDAY November 14	WEDNESDAY November 15	THURSDAY November 16	FRIDAY November 17
Beef Hamburger or Cheeseburger on a Whole Grain Bun Ketchup, Mustard, Relish BBQ Beans with Smoked Turkey Ham Green Bean Salad Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Grilled Cheese Sandwich Sticks on Whole Wheat Chef's Tomato Dipping Sauce Chef Hearty Seasonal Vegetable and Bean Minestrone Soup Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Taco Bowl with Cajun Beans and Brown Rice Shredded Orange Cheddar 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	Roasted Turkey with Gravy Whole Grain Savory Dressing Cranberry Sauce Mashed Potatoes Mixed Carrots and Peas Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Whole Grain Pizza Cheese, Veggie and Pepperoni Tossed Super Salad with Light 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 Plain and Assorted Flavors	Goldfish Cheddar Crackers Fresh Fruit in Season	Whole Grain Cookie Snack 8 oz. Bottled Milk Plain and Assorted Flavors	Whole Grain Nacho Tortilla Chips Fresh Fruit in Season	Whole Grain Cookie Snack 8 oz. Bottled Milk Plain and Assorted Flavors

In addition to the regular menu, the following bundle will also be available daily:
Sunbutter and Jelly with Whole Grain Bread / 4 oz. 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

