



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 OR Whole Grain 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 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 OR Whole Grain 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 Omelet on Whole Grain Bun Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim

Lunch

MONDAY December 11	TUESDAY December 12	WEDNESDAY December 13	THURSDAY December 14	FRIDAY December 15
Beef and Cheese Grinder Roasted Sweet Potato Fries Black Bean Salad Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Grilled Cheese Sticks Tomato Dipping Sauce Veggie Dippers Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Beef 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

