



# February 2018

## 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> Seasonal 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  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> Seasonal 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 February 12	TUESDAY February 13	WEDNESDAY February 14	THURSDAY February 15	FRIDAY February 16
Grilled Mozzarella Sticks Tomato Dipping Sauce Roasted Sweet Potato Fries Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Taco Bowl with Shredded Orange Cheddar Cheese Soft Tortilla Triangles and Salsa Cup Black Bean Salad Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Baked Fish Sticks w/ Cheese on Whole Grain Hot Dog Roll Roasted Potato Wedges Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Oven Roasted Chicken Whole Grain Buttermilk Biscuit Mixed Carrots and Peas Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Whole Grain Pizza <i>Cheese, Veggie and Pepperoni</i> Veggie Dippers Broccoli and 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 Bites 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Whole Grain Cookie Snack Bites 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Whole Grain Nacho Tortilla Chips Fresh Fruit in Season	Assorted Grain Snacks 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

