

Worcester Public Schools Menu 2017-2018

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
		October 16, 2017	October 17, 2017	October 18, 2017	October 19, 2017	October 20, 2017		
B R E A K F A S T	MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice		
		Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack		
		OR	OR	OR	OR	OR		
		Egg and Cheese Omelet on a Whole Grain Bun	Whole Grain Seasonal Muffin Yogurt Parfait	Texas Style Whole Grain Cinnamon French Toast Sticks	Whole Grain Seasonal Muffin Yogurt Parfait	Texas Style Whole Grain Cinnamon French Toast Sticks		
		8 oz. Bottled White Milk choice of 1% or Skim	8 oz Bottled Milk choice of 1% or Skim	8 oz Bottled Milk choice of 1% or Skim	8 oz Bottled Milk choice of 1% or Skim	8 oz Bottled Milk choice of 1% or Skim		
		K-12						
S E C O N D A R Y L U N C H	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	>Chicken Fajita Quesadilla Soffritto Brown Rice and Beans	>Vegetarian Chili Bean Cheese Whole Grain Tortilla Wrap Salsa Cup	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Beans and Brown Rice Tortilla Chips Salsa Cup	>Beef Hamburger or Cheeseburger on a Whole Grain Bun Ketchup, Mustard, Relish, Salsa Cup Macaroni and Cheese Side	> Whole Grain Pizza *Plain, Veggie and Pepperoni		
		OR	OR	OR	OR	OR		
		>Grilled Cheese Sandwich Triangles on Whole Wheat Bread Whole Grain Corn Bread	>Teriyaki Chicken Strips with Brown Rice and Peas and Carrots	OR	>Smoked Turkey Ham, Turkey, and Mozzarella Cheese on French Bread with Shredded Lettuce, Sliced Tomato and Pickles	>Tuna Salad on a Hot Dog Bun Whole Grain Cheddar Goldfish		
		OR	OR	OR	OR	OR		
		>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons	>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Cheddar Cheese *Black Beans	>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables	>Entrée Salad *Mixed Lettuce *Bite Sized Cut Vegetables	>South West Taco Boat Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Fajita Chicken *Shredded Cheddar Cheese Salsa Brown Rice and Black Beans		
		Whole Grain Seasonal Muffin Yogurt	Whole Grain Corn Muffin	*Rolled Turkey *Rolled Mozzarella Whole Grain Cheesy Garlic Bread	*Cubed Ham *Cubed Mozzarella *Whole Grain Croutons Whole Grain Seasonal Muffin			
		*Vegetarian Chili and Beans with Kale and Shredded Cheddar Cheese	*Shredded Lettuce and Tomato Cup	*Tossed Super Salad	*Roasted Spicy Potato Fries	*Tossed Super Salad		
		*Green Bean and Fresh Tomato Salad	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	*Carrot Sticks		
		*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and 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		
		*In addition to the regular menu, the following will be available daily: SunButter and Jelly on Whole Grain Bread, Whole Grain Mini Muffin, Yogurt, Broccoli/Carrot Sticks (vegetables, fruits, and milk per menu).						
		E L E M E N T A R Y	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	>Beef Hamburger or Cheeseburger on a Whole Grain Bun Ketchup, Mustard, Relish	>Grilled Cheese Sandwich Sticks on Whole Wheat Bread Chef's Tomato Dipping Sauce	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips	>Diced Chicken Salad on a Whole Grain Bun	>Whole Grain Pizza *Plain, Veggie and Pepperoni
				*BBQ Beans with Smoked Turkey Ham	*Hearty Vegetable Minestrone Soup		*Seasoned Roasted Potato Wedges	*Tossed Super Salad with Light Dressing
				*Green Bean Salad	*Fresh, Chilled, and Dried Fruit Selections	*Roasted Corn	*Carrot Sticks	*Carrot Sticks
				*Fresh, Chilled, and Dried Fruit Selections	*8 oz. Bottled Milk Choices	*Broccoli Florets with Low Fat Ranch	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections
*8 oz. Bottled Milk Choices				*Fresh, Chilled, and Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections		
K-6								
*In addition to the regular menu, the following will be available daily: SunButter and Jelly on Whole Grain Bread, Yogurt, Broccoli/Carrot Sticks (vegetables, fruits, and milk per menu).								
After School Snack	MUST TAKE 2 DIFFERENT COMPONENTS	*8 oz. Milk Choices *Whole Grain Cookie Snack	*Fresh Fruit in Season *Goldfish Cheddar Crackers	*8 oz. Milk Choices *Whole Grain Cookie Snack	*Fresh Fruit in Season *Nacho Chips	*8 oz. Milk Choices *Whole Grain Cookie Snack		
Elementary Menu above is served in the following schools: Belmont, Canterbury, City View, Gates Lane, Goddard, Nelson Place, Norrback, Quinsigamond, Roosevelt, Vernon Hill, Woodland Academy								
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