

**Worcester Public Schools Menu 2017-2018**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
B R E A K F A S T	MUST TAKE 3 ITEMS  INCLUDING 1/2 CUP OF FRUIT	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections
		4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	4 oz. 100% Pure Juice	4 oz. 100% Pure Juice
		Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
		Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	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
K-12		8 oz. Bottled White Milk choice of 1% or Skim	8 oz. Bottled White Milk choice of 1% or Skim	8 oz. Bottled White Milk choice of 1% or Skim	8 oz. Bottled White Milk choice of 1% or Skim	8 oz. Bottled White Milk choice of 1% or Skim

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	>Vegetarian Chili Bean Cheese	>Nacho Boat with Beef	>BBQ Roasted Pulled Pork Sandwich	> Whole Grain Pizza
		Soffritto Brown Rice and Beans	Whole Grain Tortilla Wrap	Shredded Cheddar Cheese	on a Whole Grain Bun	*Plain, Veggie and Pepperoni
		OR	Salsa Cup	Cajun Beans and Brown Rice	BBQ Sauce	OR
		>Grilled Cheese Sandwich Triangles	OR	Salsa Cup	Macaroni and Cheese Side	>Tuna Salad on a Hot Dog Bun
		on Whole Wheat Bread	>Teriyaki Chicken Strips with	OR	OR	Whole Grain Cheddar Goldfish
		Whole Grain Corn Bread	Brown Rice and Peas and Carrots	>Seasoned Chicken	>Sliced Turkey, Mozzarella Cheese	OR
		OR	OR	Cajun Beans and Brown Rice	on French Bread with Pickles,	>South West Taco Boat Salad
		>Entrée Salad:	>Entrée Salad:	Whole Grain Cheesy Garlic Bread	Shredded Lettuce and Sliced Tomato	*Mixed Lettuce
		*Mixed Lettuce	*Mixed Lettuce	OR	OR	*Bite Sized Cut Vegetables
		*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables	>Entrée Salad:	> Entrée Salad	*Fajita Chicken
		*Shredded Cheese	*Cubed Ham	*Mixed Lettuce	*Mixed Lettuce	*Shredded Cheddar Cheese
		*Chickpea Salad	*Cubed Cheddar Cheese	*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables	Salsa Brown Rice and Black Beans
		*Whole Grain Croutons	*Black Beans	*Rolled Turkey	*Cubed Ham	
		Whole Grain Seasonal Muffin	Whole Grain Corn Muffin	*Rolled Mozzarella	*Cubed Mozzarella	
Yogurt		Whole Grain Cheesy Garlic Bread	*Whole Grain Croutons			
			Whole Grain Seasonal Muffin			
6-12		*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	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and
		Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	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	>Sliced Turkey and Mozzarella Cheese	>Nacho Boat with Beef	>Diced Chicken and Gravy	>Whole Grain Pizza
		on a Whole Grain Bun	on Whole Grain French Bread	Cheddar Cheese and Salsa	Mini Buttermilk Biscuit	*Plain, Veggie and Pepperoni
		Ketchup, Mustard, Relish		Salsa Brown Rice and Black Beans		
		*Roasted Sweet Potato Fries	*Shredded Lettuce, Sliced Tomato, Pickles	*Roasted Corn	*Mashed Potatoes	*Tossed Super Salad with Light Dressing
		*Fresh Vegetable Dippers	*BBQ Beans with Smoked Turkey Ham	*Broccoli Florets with Low Fat Ranch	*Peas and Carrots	*Celery Sticks
		*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and Dried Fruit Selections
Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	*8 oz. Bottled Milk Choices		
K-6		*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	

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After School Snack	MUST TAKE 2 DIFFERENT COMPONENTS	*8 oz. Milk Choices	*Fresh Fruit in Season	*8 oz. Milk Choices	*Fresh Fruit in Season	*8 oz. Milk Choices
		*Whole Grain Cookie Snack	*Goldfish Cheddar Crackers	*Whole Grain Cookie Snack	*Nacho Chips	*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**

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