

Worcester Public Schools Menu 2017-2018

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		October 9, 2017	October 10, 2017	October 11, 2017	October 12, 2017	October 13, 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
		Columbus Day	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack
		No School	OR Egg and Cheese Omelet on a Whole Grain Bun	OR Texas Style Whole Grain Cinnamon French Toast Sticks	OR Whole Grain Seasonal Muffin Yogurt Parfait	OR Texas Style Whole Grain Cinnamon French Toast Sticks
			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		>Grilled Cheese Sandwich Triangles on Whole Wheat Bread Whole Grain Corn Bread	>Nacho Boat with Beef Shredded Cheddar Cheese Cajun Beans and Brown Rice Salsa Cup	>BBQ Roasted Pulled Pork Sandwich on a Whole Grain Bun BBQ Sauce Macaroni and Cheese Side	> Whole Grain Pizza *Plain, Veggie and Pepperoni			
		Columbus Day	OR			OR	>Tuna Salad on a Hot Dog Bun Whole Grain Cheddar Goldfish		
		No School	>Teriyaki Chicken Strips with Brown Rice with Peas and Carrots	OR	>Seasoned Chicken Cajun Beans and Brown Rice Whole Grain Cheesy Garlic Bread	OR	>Sliced Turkey, Mozzarella Cheese on French Bread with Pickles, Shredded Lettuce and Sliced Tomato	OR	>South West Taco Boat Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Fajita Chicken *Shredded Cheddar Cheese Salsa Brown Rice and Black Beans
			>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons Whole Grain Seasonal Muffin Yogurt	OR	>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Rolled Turkey *Rolled Mozzarella Whole Grain Cheesy Garlic Bread	OR	> Entrée Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Mozzarella *Whole Grain Croutons Whole Grain Seasonal Muffin		
			*Vegetarian Chili and Beans with Kale and Shredded Cheddar Cheese	*Tossed Super Salad	*Roasted Spicy Potato Fries	*Roasted Spicy Potato Fries	*Tossed Super Salad		
			*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	*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		>Sliced Turkey and Mozzarella Cheese on Whole Grain French Bread	>Nacho Boat with Beef Cheddar Cheese and Salsa Salsa Brown Rice and Black Beans	>Diced Chicken and Gravy Mini Buttermilk Biscuit	>Whole Grain Pizza *Plain, Veggie and Pepperoni
		Columbus Day				
		No School	*Roasted Sweet Potato Fries *BBQ Beans with Smoked Turkey Ham	*Roasted Corn *Broccoli Florets with Low Fat Ranch	*Peas and Carrots *Mashed Potatoes	*Tossed Super Salad with Light Dressing *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
			*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	Columbus Day	*Fresh Fruit in Season	*8 oz. Milk Choices	*Fresh Fruit in Season	*8 oz. Milk Choices
		No School	*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.**