

**Worcester Public Schools Menu 2017-2018**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
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
		Whole Grain English Muffin with Egg and Cheese	Whole Grain Seasonal Muffin Yogurt Parfait	Texas Style Whole Grain Cinnamon French Toast Sticks	Whole Grain Seasonal Muffin Yogurt Parfait	Whole Grain Maple Waffles with Chicken Sausage
		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 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 Salsa Cup Tortilla Chips	>BBQ Roasted Pulled Pork Sandwich on a Whole Grain Bun BBQ Sauce 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	OR	>Sliced Turkey, Mozzarella Cheese on French Bread with Pickles, Shredded Lettuce and Sliced Tomato	>Tuna Salad on a Hot Dog Bun Whole Grain Cheddar Goldfish
		OR	OR	>Seasoned Chicken Cajun Beans and Brown Rice Whole Grain Cheesy Garlic Bread	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	>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Cheddar Cheese *Black Beans Whole Grain Corn Muffin	OR	>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Rolled Turkey *Rolled Mozzarella Whole Grain Cheesy Garlic Bread	
		Whole Grain Seasonal Muffin Yogurt				
		*Vegetarian Chili and Beans with Kale and Shredded Cheddar Cheese	*Shredded Lettuce and Tomato Cup *Roasted Sweet Potato Fries	*Tossed Super Salad *Three Bean Salad with Carrots	*Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham	*Tossed Super Salad <b>Massachusetts Grown</b>
		*Green Bean and Fresh Tomato Salad	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Carrot Sticks *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 Snack, Yogurt Cup, (vegetables and fruits 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	>Sliced Turkey and Mozzarella Cheese on Whole Grain French Bread	>Nacho Boat with Beef Cheddar Cheese and Salsa Cajun Brown Rice and Black Beans	>Diced Chicken and Gravy Mini Buttermilk Biscuit	>Whole Grain Pizza *Plain, Veggie and Pepperoni
		*Fresh Vegetable Dippers *Roasted Sweet Potato Fries	*Shredded Lettuce, Sliced Tomato, Pickles *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 <b>Massachusetts Grown</b>
		*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	*Celery Sticks *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

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After School Snack	*8 oz. Milk Choices *Whole Grain Cookie Snack	*8 oz. Milk Choices *Goldfish Cheddar Crackers	*8 oz. Milk Choices *Whole Grain Cookie Snack	*8 oz. Milk Choices *Whole Grain Nacho Chips	*8 oz. Milk Choices *Assorted Grain Snacks
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**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.**