SEPTEMBER 2019 WORCESTER PUBLIC SCHOOLS

WELCOME BACK TO SCHOOL

all student meals are served free

*** 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

Before the Bell Breakfast

AS SERVED AT: BURNCOAT MIDDLE, BURNCOAT HIGH, CLAREMONT ACADEMY, DOHERTY, FOREST GROVE, NORTH HIGH, SOUTH HIGH, SULLIVAN, UNIVERSITY PARK, WORCESTER EAST MIDDLE, AND WORCESTER TECHNICAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ASSORTED WG CEREALS WG SNACK OR EGG AND CHEESE SLIDER ON WG BUN ASSORTED FRUIT SELECTIONS 100% JUICE 8 OZ. BOTTLED MILK: 1% OR SKIM	ASSORTED WG CEREALS WG SNACK OR WG MUFFIN YOGURT PARFAIT ASSORTED FRUIT SELECTIONS 100% JUICE 8 OZ. BOTTLED MILK: 1% OR SKIM	ASSORTED WG CEREALS WG SNACK OR CINNAMON FRENCH TOAST STICKS ASSORTED FRUIT SELECTIONS 100% JUICE 8 OZ. BOTTLED MILK: 1% OR SKIM	ASSORTED WG CEREALS WG SNACK OR WG MUFFIN YOGURT PARFAIT ASSORTED FRUIT SELECTIONS 100% JUICE 8 OZ. BOTTLED MILK: 1% OR SKIM	ASSORTED WG CEREALS WG SNACK OR WG MAPLE WAFFLE W/ CHICKEN SAUSAGE ASSORTED FRUIT SELECTIONS 100% JUICE 8 OZ. BOTTLED MILK: 1% OR SKIM

Lunch

MONDAY SEPTEMBER 23	TUESDAY SEPTEMBER 24	WEDNESDAY SEPTEMBER 25	THURSDAY SEPTEMBER 26	FRIDAY SEPTEMBER 27
FISH TACO'S W/ SALSA OR GRILLED CHEESE SANDWICH TRIANGLES ON WW BREAD OR ENTREE SALAD: MIXED LETTUCE, VEGETABLES, SHREDDED CHEESE, GARBANZO BEAN SALAD WG PITA POCKET YOGURT CUP CORN & BLACK BEAN SALAD FRESH VEGGIES IN SEASON BROCCOLI & CARROT STICKS ASSORTED FRUITS MILK: PLAIN & ASSORTED FLAVORS	MEATBALL GRINDER W/ CHEESE ON WW TORPEDO ROLL OR SPICY BUFFALO GRILLED CHICKEN PATTY ON A WG BUN CHEDDAR GOLD FISH CRACKERS OR SOUTHWEST ENTREE SALAD: MIXED LETTUCE, VEGETABLES, CHICKEN STRIPS, SHREDDED CHEDDAR CHEESE, TORTILLA STRIPS & SALSA CUP WG CORN MUFFIN GARBANZO BEAN SALAD BROCCOLI & CARROT STICKS ASSORTED FRUITS MILK: PLAIN & ASSORTED FLAVORS	BEEF TACO BOWL WITH SHREDDED CHEESE TORTILLA CHIPS OR BAKED FISH STICKS W/CHEESE ON WG TORPEDO ROLL OR ENTREE SALAD: MIXED LETTUCE, VEGETABLES, ROLLED TURKEY, ROLLED MOZZARELLA CHEESE, GARBANZO BEAN SALAD WG CHEESY GARLIC BREAD CORN & BLACK BEAN SALAD SALSA CUP SHREDDED LETTUCE & TOMATO CUP BROCCOLI & CARROT STICKS ASSORTED FRUITS MILK: PLAIN & ASSORTED FLAVORS	BBQ PULLED PORK ON WG SLIDERS OR TURKEY & CHEESE ON WW FRENCH STICK OR ENTREE SALAD: MIXED LETTUCE, VEGETABLES, ROLLED TURKEY, ROLLED MOZZARELLA CHEESE, GARBANZO BEAN SALAD WG PITA POCKET SHREDDED LETTUCE, TOMATO & PICKLE CUP ROASTED SPICY POTATO WEDGES BROCCOLI & CARROT STICKS ASSORTED FRUITS MILK: PLAIN & ASSORTED FLAVORS	WG PIZZA CHEESE, VEGGIE & BUFFALO CHICKEN OR TUNA SALAD ON WG TORPEDO ROLL OR SOUTHWEST ENTREE SALAD: MIXED LETTUCE, VEGETABLES, CHICKEN STRIPS, SHREDDED CHEDDAR CHEESE, TORTILLA CHIPS & SALSA CUP TOSSED SALAD BROCCOLI & CARROT STICKS ASSORTED FRUITS MILK: PLAIN & ASSORTED FLAVORS

Must take at least 3 menu components 1 item must be 1/2 cup fruit or vegetable

After School Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG COOKIE SNACK 8 OZ. BOTTLED MILK PLAIN & ASSORTED FLAVORS	GOLDFISH CHEDDAR CRACKERS FRESH FRUIT IN SEASON DRIED CRANBERRY	WG COOKIE SNACK BITES 8 OZ. BOTTLED MILK PLAIN & ASSORTED FLAVORS	WG NACHO TORTILLA CHIPS FRESH FRUIT IN SEASON APPLESAUCE CUP	ASSORTED GRAIN SNACKS 8 OZ. BOTTLED MILK PLAIN & ASSORTED FLAVORS

Molecule (latin, moles)

IN ADDITION TO THE REGULAR MENU, THE FOLLOWING BUNDLE WILL ALSO BE AVAILABLE DAILY:
SUNBUTTER AND JELLY WITH WHOLE GRAIN BREAD / YOGURT CUP /
VEGETABLES AND FRUITS PER MENU / 8 OZ. BOTTLED MILK SELECTIONS