### 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

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>Assorted WG cereals&lt;br&gt;WG snack&lt;br&gt;Smoked salmon, cream cheese, capers, bagel&lt;br&gt;Assorted fruit selections&lt;br&gt;100% juice&lt;br&gt;8 oz. milk: 1% or skim</td>
<td>Assorted WG cereals&lt;br&gt;WG snack or WG muffin&lt;br&gt;Cinnamon French toast sticks&lt;br&gt;Assorted fruit selections&lt;br&gt;100% juice&lt;br&gt;8 oz. milk: 1% or skim</td>
<td>Assorted WG cereals&lt;br&gt;WG snack&lt;br&gt;WG muffin&lt;br&gt;Assorted fruit selections&lt;br&gt;100% juice&lt;br&gt;8 oz. milk: 1% or skim</td>
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<td>Assorted WG cereals&lt;br&gt;WG snack or WG muffin&lt;br&gt;WG maple waffle&lt;br&gt;100% juice&lt;br&gt;8 oz. milk: 1% or skim</td>
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### Lunch

#### Monday, March 23
- Hamburger or cheeseburger on WG bun
- Cheddar gold fish crackers<br>Or grilled cheese sandwich triangles on WG bread<br>Or entree salad: Chicken salad, mixed lettuce, vegetables, black beans, WG pita pocket
- Shredded lettuce, tomato & pickle cup<br>Of oven fries<br>Broccoli & carrot sticks<br>Assorted fruits<br>Milk: plain & assorted flavors

#### Tuesday, March 24
- Meatball grinder w/ cheese on WW torpedo roll<br>Or spicy buffalo grilled chicken patty on a WG bun<br>Cheddar gold fish crackers<br>Or southwest entree salad: mixed lettuce, vegetables, chicken strips, shredded cheddar cheese, tortilla strips & salsa cup<br>WG corn muffin
- Mixed bean salad<br>Shredded lettuce & tomato cup<br>Broccoli & carrot sticks<br>Assorted fruits<br>Milk: plain & assorted flavors

#### Wednesday, March 25
- Beef taco bowl w/ shredded cheddar cheese<br>Tortilla chips<br>Or fish taks w/ cheddar salsa & southwest slaw<br>Or entree salad: mixed lettuce, vegetables, rolled turkey, rolled mozzarella cheese, garbanzo bean salad<br>WG cheesy garlic bread
- Corn & black bean salad<br>Shredded lettuce & tomato cup<br>Broccoli & carrot sticks<br>Assorted fruits<br>Milk: plain & assorted flavors

#### Thursday, March 26
- BBQ pulled pork on WG boulie<br>Or turkey & cheese on WW French stick<br>Or southwest entree salad: mixed lettuce, vegetables, chicken strips, shredded cheddar cheese, tortilla strips & salsa cup<br>WG corn muffin
- Corn & black bean salad<br>Shredded lettuce, tomato & pickle cup<br>Shredded lettuce & tomato cup<br>Broccoli & carrot sticks<br>Assorted fruits<br>Milk: plain & assorted flavors

#### Friday, March 27
- WG pizza cheese, veggie & buffalo chicken<br>Or tuna salad on WW torpedo roll<br>Or buffalo chicken entree salad: mixed lettuce, vegetables, chicken strips, shredded cheddar cheese, tortilla chips & salsa cup<br>Or tossed salad<br>Sweet potato fries<br>Broccoli & carrot sticks<br>Assorted fruits<br>Milk: plain & assorted flavors

### After School Snack

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<td>WG cookie snack&lt;br&gt;8 oz. milk&lt;br&gt;Plain &amp; assorted flavors</td>
<td>Goldfish cheddar crackers&lt;br&gt;Fresh fruit in season&lt;br&gt;Dried cranberry pack</td>
<td>WG cookie snack bites&lt;br&gt;8 oz. milk&lt;br&gt;Plain &amp; assorted flavors</td>
<td>WG nacho tortilla chips&lt;br&gt;Fresh fruit in season&lt;br&gt;Applesauce cup</td>
<td>Assorted grain snacks&lt;br&gt;8 oz. milk&lt;br&gt;Plain &amp; assorted flavors</td>
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Must take at least 3 menu components. 1 item must be 1/2 cup fruit or vegetable.

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Worcester Public Schools

March 2020

All student meals are served free.

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*** All meals served with appropriate condiments and a choice of 1% and fat free milk

*** Menu subject to change

*** This institution is an equal opportunity provider

**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