

**Worcester Public Schools Menu 2016-2017**

		<b>MONDAY</b> 30-Jan	<b>TUESDAY</b> 31-Jan	<b>WEDNESDAY</b> 1-Feb	<b>THURSDAY</b> 2-Feb	<b>FRIDAY</b> 3-Feb
B	<b>MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT</b>	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections	Assorted Fruit Selections
R		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
E		Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal
A		Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack
K		<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
F		<i>Egg and Cheese Slider</i>	Whole Grain Season Muffin	Texas Style Whole Grain	Whole Grain Season Muffin	Whole Grain Maple Waffles
A		on Whole Grain Bun	Yogurt Parfait	Cinnamon French Toast Sticks	Yogurt Parfait	with Chicken Sausage
S		8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk
T		choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim
K-12						

		>Chicken Nuggets	>Vegetarian Chili Bean Cheese	>Beef Taco Bowl	>BBQ Roasted Pulled Pork Sandwich	> Whole Grain Pizza
		Whole Grain Mini Biscuit	Whole Grain Tortilla Wrap	Shredded Cheddar Cheese	on a Whole Grain Bun	*Plain, Veggie and Pepperoni
		Macaroni and Cheese Side	Salsa Cup	Cajun Beans and Brown Rice	BBQ Sauce	
L				Salsa Cup	Macaroni and Cheese Side	<b>OR</b>
U		<b>OR</b>	<b>OR</b>	Tortilla Chips		>Tuna Salad Grinder
N		>Grilled Cheese Sandwich Triangles	>Teriyaki Chicken Strips with Brown Rice		<b>OR</b>	Whole Grain Cheddar Goldfish
C		on Whole Wheat Bread		<b>OR</b>	>Sliced Turkey, Mozzarella Cheese	
H		Whole Grain Corn Bread	<b>OR</b>	>Rotisserie Seasoned Chicken	on French Bread with Pickles,	<b>OR</b>
	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>		>Entrée Salad:	Cajun Beans and Brown Rice	Shredded Lettuce and Sliced Tomato	>South West Taco Boat Salad
S		<b>OR</b>	*Mixed Lettuce	Whole Grain Cheesy Garlic Bread		*Mixed Lettuce
E		>Entrée Salad:	*Bite Sized Cut Vegetables		<b>OR</b>	*Bite Sized Cut Vegetables
C		*Mixed Lettuce	*Cubed Ham	<b>OR</b>	> Entrée Salad	*Fajita Chicken
O		*Bite Sized Cut Vegetables	*Cubed Cheddar Cheese	>Entrée Salad:	*Mixed Lettuce	*Shredded Cheddar Cheese
N		*Shredded Cheese	*Black Beans	*Mixed Lettuce	*Bite Sized Cut Vegetables	Salsa Brown Rice and Black Beans
D	*Chickpea Salad	Whole Grain Corn Muffin	*Bite Sized Cut Vegetables	*Cubed Ham		
A	*Whole Grain Croutons		*Rolled Turkey	*Cubed Mozzarella		
R	Whole Grain Seasonal Muffin		*Rolled Mozzarella	Whole Grain Seasonal Muffin		
Y	Yogurt		Whole Grain Cheesy Garlic Bread			
		*Vegetarian Chili and Beans with				*Tossed Super Salad
6-12		<b>Massachusetts Grown</b> Kale	*Shredded Lettuce and Tomato Cup		<b>Massachusetts Grown</b>	<b>Massachusetts Grown</b>
		with Shredded Cheddar Cheese	<b>Massachusetts Grown</b>	*Tossed Super Salad	*Roasted Spicy Potato Fries	*Carrot Sticks
		*Green Bean and Fresh Tomato Salad	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	*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 Snack, Yogurt Cup, (vegetables and fruits per menu).**

		>Beef Hamburger or Cheeseburger	>Grilled Cheese Sandwich Sticks on	>Beef Taco Bowl	>Diced Chicken and Gravy	> Whole Grain Pizza
E	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	on a Whole Wheat Bun	Whole Wheat Bread	Shredded Cheddar Cheese	Mini Buttermilk Biscuit	*Plain, Veggie and Pepperoni
L		Ketchup, Mustard, Relish	Chef's Tomato Dipping Sauce	Cajun Brown Rice and Black Beans		
E				Salsa Cup		
M				Tortilla Chips		
		*Green Bean Salad			*Mashed Potatoes	*Tossed Super Salad with Light Dressing
		*BBQ Beans with Smoked Turkey Ham	*Hearty Seasonal Vegetable Minestrone Soup	*Broccoli Florets with Low Fat Ranch	*Peas and Carrots	<b>Massachusetts Grown</b>
K-6		*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Celery Sticks
		Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	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

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After						
School		*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*4 oz. Yogurt	*8 oz. Milk Choices
Snack		*Whole Grain Cookie Snack	*Goldfish Cheddar Crackers	*Whole Grain Cookie Snack Bites	*Fresh, Chilled or Dried Fruit Selections	*Assorted Grain Snacks

**Elementary Menu above is served in the following schools: Belmont, Canterbury, City View, Gates Lane, Goddard, Norrback, Quinsigamond, Roosevelt, Vernon Hill, Woodland Academy**

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