

Worcester Public Schools Menu 2016-2017

Worcester Public Schools Menu 2016-2017							
		MONDAY 15-May	TUESDAY 16-May	WEDNESDAY 17-May	THURSDAY 18-May	FRIDAY 19-May	
B	MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT	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							
A		Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	
K		Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	
F		OR	OR	OR	OR	OR	
A		<i>Egg and Cheese Slider</i>	Whole Grain Season Muffin	Texas Style Whole Grain	Whole Grain Season Muffin	Whole Grain Pancakes Slider	
S		on Whole Grain Bun	Yogurt Parfait	Cinnamon French Toast Sticks	Yogurt Parfait	with Chicken Sausage	
T							
K-12		8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim	8 oz Bottle Milk choice of 1% or Skim	
		>Chicken Nuggets	>Vegetarian Chili Bean Cheese	>Beef Taco Bowl	>Beef Hamburger or Cheeseburger	> 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	Ketchup, Mustard, Relish, Salsa Cup		
L				Salsa Cup	Macaroni and Cheese Side	OR	
U		OR	OR	Tortilla Chips		>Tuna Salad on a Hot Dog Bun	
N		>Grilled Cheese Sandwich	>Teriyaki Chicken Strips with Brown Rice		OR	Whole Grain Cheddar Goldfish	
C		on Whole Wheat Bread		OR	>Smoked Turkey Ham, Turkey, and		
H		Whole Grain Corn Bread	OR	>Seasoned Chicken Drumsticks	Mozzarella Cheese on French Bread	OR	
S	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	OR	>Entrée Salad:	Cajun Beans and Brown Rice	with Shredded Lettuce, Sliced Tomato	>South West Taco Boat Salad	
E			>Entrée Salad:	Whole Grain Cheesy Garlic Bread	and Pickles	*Mixed Lettuce	
C			*Mixed Lettuce	*Bite Sized Cut Vegetables			*Bite Sized Cut Vegetables
O			*Bite Sized Cut Vegetables	*Cubed Ham	OR	OR	*Fajita Chicken
N			*Shredded Cheese	*Cubed Cheddar Cheese	>Entrée Salad:	> Entrée Salad	*Shredded Cheddar Cheese
D			*Chickpea Salad	*Black Beans	*Mixed Lettuce	*Mixed Lettuce	Salsa Brown Rice and Black Beans
A		*Whole Grain Croutons	Whole Grain Corn Muffin	*Bite Sized Cut Vegetables	*Bite Sized Cut Vegetables		
R		Whole Grain Seasonal Muffin		*Rolled Turkey	*Cubed Ham		
Y		Yogurt		*Rolled Mozzarella	*Cubed Mozzarella		
				Whole Grain Cheesy Garlic Bread	Whole Grain Seasonal Muffin		
6-12		*Vegetarian Chili and Beans with Massachusetts Grown Kale	*Shredded Lettuce and Tomato Cup	*Tossed Super Salad	*Roasted Spicy Potato Fries	*Tossed Super Salad	
		with Shredded Cheddar Cheese	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	Massachusetts Grown	
		*Green Bean and Fresh Tomato Salad	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Carrot Sticks	
		*Fresh, Chilled, and	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	Dried Fruit Selections	
		*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	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	>Chicken Fajita Quesadilla	>Sliced Turkey and Mozzarella Cheese	>Beef Taco Bowl	>Seasoned Chicken Drumsticks	> Whole Grain Pizza	
L		Brown Rice and Beans	on Whole Grain French Bread	Shredded Cheddar Cheese	Mini Buttermilk Biscuit	*Plain, Veggie and Pepperoni	
E		Salsa Cup		Cajun Brown Rice and Black Beans			
M				Salsa Cup			
			*Hearty Vegetable Taco Bean Soup	*Shredded Lettuce, Sliced Tomato, Pickles	Tortilla Chips		*Tossed Super Salad with Light Dressing
K-6			*Fresh, Chilled, and	*BBQ Beans with Smoked Turkey Ham		*Roasted Corn	Massachusetts Grown
		Dried Fruit Selections	*Fresh, Chilled, and	*Broccoli Florets with Low Fat Ranch	*Carrot Sticks	*Celery Sticks	
		*8 oz. Bottled Milk Choices	Dried Fruit Selections	*Fresh, Chilled, and	Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	
			*8 oz. Bottled Milk Choices	Dried Fruit Selections	Dried Fruit Selections	*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, Yogurt Cup, (vegetables and fruits per menu)							
After							
School		*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	
Snack		*Whole Grain Cookie Snack	*Goldfish Cheddar Crackers	*Whole Grain Cookie Snack Bites	*Assorted Grain Snacks	*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							
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