

Worcester Public Schools Menu 2016-2017						
		MONDAY 22-May	TUESDAY 23-May	WEDNESDAY 24-May	THURSDAY 25-May	FRIDAY 26-May
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 Cereal Whole Grain Snack <b>OR</b> <i>Egg and Cheese Slider</i> on Whole Grain Bun	Assorted Fruit Selections 4 oz. 100% Pure Juice  Assorted Cereal Whole Grain Snack <b>OR</b> Whole Grain Season Muffin Yogurt Parfait	Assorted Fruit Selections 4 oz. 100% Pure Juice  Assorted Cereal Whole Grain Snack <b>OR</b> Texas Style Whole Grain Cinnamon French Toast Sticks	Assorted Fruit Selections 4 oz. 100% Pure Juice  Assorted Cereal Whole Grain Snack <b>OR</b> Whole Grain Season Muffin Yogurt Parfait	Assorted Fruit Selections 4 oz. 100% Pure Juice  Assorted Cereal Whole Grain Snack <b>OR</b> Whole Grain Maple Waffles with Chicken Sausage
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
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 <b>OR</b> >Grilled Cheese Sandwich on Whole Wheat Bread Whole Grain Corn Bread <b>OR</b> >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons	>Vegetarian Chili Bean Cheese Whole Grain Tortilla Wrap Salsa Cup <b>OR</b> >Teriyaki Chicken Strips with Brown Rice <b>OR</b> >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Cheddar Cheese *Black Beans Whole Grain Corn Muffin	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Beans and Brown Rice Salsa Cup Tortilla Chips <b>OR</b> >Seasoned Chicken Drumsticks Cajun Beans and Brown Rice Whole Grain Cheesy Garlic Bread <b>OR</b> >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Rolled Turkey *Rolled Mozzarella Whole Grain Cheesy Garlic Bread	>BBQ Roasted Pulled Pork Sandwich on a Whole Grain Bun BBQ Sauce Macaroni and Cheese Side <b>OR</b> >Sliced Turkey, Mozzarella Cheese on French Bread with Pickles, Shredded Lettuce and Sliced Tomato <b>OR</b> > Entrée Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Mozzarella Whole Grain Seasonal Muffin	> Whole Grain Pizza *Plain, Veggie and Pepperoni <b>OR</b> >Tuna Salad on a Hot Dog Bun Whole Grain Cheddar Goldfish <b>OR</b> >South West Taco Boat Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Fajita Chicken *Shredded Cheddar Cheese Salsa Brown Rice and Black Beans
6-12		*Vegetarian Chili and Beans with <b>Massachusetts Grown</b> Kale with Shredded Cheddar Cheese *Green Bean and Fresh Tomato Salad *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Shredded Lettuce and Tomato Cup *Roasted Sweet Potato Fries *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad *Three Bean Salad with Carrots *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Tossed Super Salad <b>Massachusetts Grown</b> *Carrot Sticks *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices
<b>* 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).</b>						
E L E M E N T A R Y	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE	>Grilled Cheese Sandwich Sticks on Whole Wheat Bread Chef's Tomato Dipping Sauce  *Hearty Seasonal Vegetable Minestrone *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	>Whole Grain Pancakes Turkey Ham Cubes Wild Blueberry Compote  *Vegetable Blend Juice *Cinnamon Roasted Carrot Coins *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips  *Broccoli Florets with Low Fat Ranch *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	>Tuna Salad on a Hot Dog Bun  *Seasoned Oven Roasted Potato Wedges *Carrot Sticks *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	> Whole Grain Pizza *Plain, Veggie and Pepperoni  *Tossed Super Salad with Light Dressing <b>Massachusetts Grown</b> *Celery Sticks *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices
<b>* 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)</b>						
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 Bites	*8 oz. Milk Choices *Assorted Grain Snacks	*8 oz. Milk Choices *Assorted Grain Snacks
<b>Elementary Menu above is served in the following schools: Belmont, Canterbury, City View, Gates Lane, Goddard, Norrback, Quinsigamond, Roosevelt, Vernon Hill, Woodland Academy</b>						
<b>**USDA is an equal opportunity provider and employer.</b>						