

Worcester Public Schools Menu 2016-2017

		MONDAY 29-May	TUESDAY 30-May	WEDNESDAY 31-May	THURSDAY 1-Jun	FRIDAY 2-Jun	
B	MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT		Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	Assorted Fruit Selections 4 oz. 100% Pure Juice	
R							
E							
A				Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack
K							
F			No School	OR	OR	OR	OR
A				<i>Egg and Cheese Slider</i> on Whole Grain Bun	Texas Style Whole Grain Cinnamon French Toast Sticks	Whole Grain Season Muffin Yogurt Parfait	Whole Grain Pancakes Slider with Chicken Sausage
S							
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	
			>Chicken Nuggets Whole Grain Mini Biscuit Macaroni and Cheese Side	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Beans and Brown Rice Salsa Cup Tortilla Chips	>Beef Hamburger or Cheeseburger on a Whole Grain Bun Ketchup, Mustard, Relish, Salsa Cup Macaroni and Cheese Side	> Whole Grain Pizza *Plain, Veggie and Pepperoni	
L						OR	
U			OR			>Tuna Salad on a Hot Dog Bun Whole Grain Cheddar Goldfish	
N		No School	>Grilled Cheese Sandwich on Whole Wheat Bread Whole Grain Corn Bread	OR	OR		
C				OR	>Smoked Turkey Ham, Turkey, and Mozzarella Cheese on French Bread with Shredded Lettuce, Sliced Tomato and Pickles	OR	
H				>Seasoned Chicken Drumsticks Cajun Beans and Brown Rice Whole Grain Cheesy Garlic Bread		>South West Taco Boat Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Fajita Chicken	
S	MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE		OR				
E			>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons	OR	OR		
C					>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Rolled Turkey *Rolled Mozzarella	> Entrée Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Mozzarella	*Shredded Cheddar Cheese Salsa Brown Rice and Black Beans
O							
N							
D							
A							
R			Whole Grain Seasonal Muffin Yogurt	Whole Grain Cheesy Garlic Bread	Whole Grain Seasonal Muffin		
Y							
			*Vegetarian Chili and Beans with Massachusetts Grown Kale with Shredded Cheddar Cheese	*Tossed Super Salad *Three Bean Salad with Carrots *Fresh, Chilled, and Dried Fruit Selections	*Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham *Fresh, Chilled, and Dried Fruit Selections	*Tossed Super Salad Massachusetts Grown *Carrot Sticks *Fresh, Chilled, and Dried Fruit Selections	
6-12			*Roasted Sweet Potato Fries *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	
* 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		>Beef Hamburger or Cheeseburger on a Whole Grain Bun Ketchup, Mustard, Relish, Salsa Cup Macaroni and Cheese Side	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips	>Chicken Salad on a Hot Dog Bun	> Whole Grain Pizza *Plain, Veggie and Pepperoni	
L							
E							
M			No School	*Green Bean Salad *BBQ Beans with Smoked Turkey Ham	*Broccoli Florets with Low Fat Ranch	*Seasoned Oven Roasted Potato Wedges *Carrot Sticks	*Tossed Super Salad with Light Dressing Massachusetts Grown
K-6				*Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Celery Sticks *Fresh, Chilled, and Dried Fruit Selections *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		No School	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	*8 oz. Milk Choices	
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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