

**Worcester Public Schools Menu 2016-2017**

<b>Worcester Public Schools Menu 2016-2017</b>						
		<b>MONDAY</b> 12-Jun	<b>TUESDAY</b> 13-Jun	<b>WEDNESDAY</b> 14-Jun	<b>THURSDAY</b> 15-Jun	<b>FRIDAY</b> 16-Jun
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	<b>MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT</b>					
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		<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
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	<b>OR</b>
U		<b>OR</b>	<b>OR</b>	Tortilla Chips		>Tuna Salad on a Hot Dog Bun
N		>Grilled Cheese Sandwich	>Teriyaki Chicken Strips with Brown Rice		<b>OR</b>	Whole Grain Cheddar Goldfish
C		on Whole Wheat Bread		<b>OR</b>	>Smoked Turkey Ham, Turkey, and	
H		Whole Grain Corn Bread	<b>OR</b>	>Seasoned Chicken Drumsticks	Mozzarella Cheese on French Bread	<b>OR</b>
S	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	<b>OR</b>	>Entrée Salad:	Cajun Beans and Brown Rice	with Shredded Lettuce, Sliced Tomato	>South West Taco Boat Salad
E		>Entrée Salad:	*Mixed Lettuce	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	<b>OR</b>	<b>OR</b>	*Fajita Chicken
N		*Shredded Cheese	*Cubed Cheddar Cheese	>Entrée Salad:	> Entrée Salad	*Shredded Cheddar Cheese
D		*Chickpea Salad	Whole Grain Corn Muffin	*Mixed Lettuce	Salsa Brown Rice and Black Beans	
A		*Whole Grain Croutons		*Bite Sized Cut Vegetables		
R		Whole Grain Seasonal Muffin		*Rolled Turkey		
Y		Yogurt		*Rolled Mozzarella		
				Whole Grain Cheesy Garlic Bread	Whole Grain Seasonal Muffin	
		*Vegetarian Chili and Beans with	*Shredded Lettuce and Tomato Cup	*Tossed Super Salad	*Roasted Spicy Potato Fries	*Tossed Super Salad
6-12		<b>Massachusetts Grown</b> Kale	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	<b>Massachusetts Grown</b>
		with Shredded Cheddar Cheese	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Carrot Sticks
		*Green Bean and Fresh Tomato Salad	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	*Fresh, Chilled, and
		*Fresh, Chilled, and	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	*8 oz. Bottled Milk Choices	Dried Fruit Selections
		Dried Fruit Selections				*8 oz. Bottled Milk Choices
		*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, (carrott/broccoli/celery dipper mix and fruits per menu).</b>						
E	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	>Chicken Fajita Quesadilla	>Beef Hamburger or Cheeseburger	>Beef Taco Bowl	>Sliced Turkey and Mozzarella Cheese	> Whole Grain Pizza
L		Brown Rice and Beans	on a Whole Grain Bun	Shredded Cheddar Cheese	on Whole Grain French Bread	*Plain, Veggie and Pepperoni
E		Salsa Cup	Ketchup, Mustard, Relish, Salsa Cup	Cajun Brown Rice and Black Beans		
M		<b>OR</b>	Manager's Special		Salsa Cup	
				*Green Bean Salad	Tortilla Chips	*Shredded Lettuce, Sliced Tomato, Pickles
K-6		*Hearty Vegetable Taco Bean Soup	*Seasoned Oven Roasted Potato Wedges	*Broccoli Florets with Low Fat Ranch	*BBQ Beans with Smoked Turkey Ham	<b>Massachusetts Grown</b>
		*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
<b>* In addition to the regular menu, the following will be available daily: SunButter and Jelly on Whole Grain Bread, Yogurt Cup, (carrott/broccoli/celery dipper mix and fruits per menu)</b>						
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
<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>						