

**Worcester Public Schools Menu 2016-2017**

		<b>MONDAY</b> 6-Feb	<b>TUESDAY</b> 7-Feb	<b>WEDNESDAY</b> 8-Feb	<b>THURSDAY</b> 9-Feb	<b>FRIDAY</b> 10-Feb
B R E A K F A S T	<b>MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT</b>	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	Assorted Fruit Selections 4 oz. 100% Pure Juice
		Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack	Assorted Cereal Whole Grain Snack
		<b>OR</b> <i>Egg and Cheese Slider</i> on Whole Grain Bun	<b>OR</b> Whole Grain Season Muffin Yogurt Parfait	<b>OR</b> Texas Style Whole Grain Cinnamon French Toast Sticks	<b>OR</b> Whole Grain Season Muffin Yogurt Parfait	<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
		>Chicken Fajita Quesadilla Brown Rice and Beans	>Vegetarian Chili Bean Cheese Whole Grain Tortilla Wrap Salsa Cup	>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 U N C H	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	<b>OR</b> >Grilled Cheese Sandwich Triangles on Whole Wheat Bread Whole Grain Corn Bread	<b>OR</b> >Teriyaki Chicken Strips with Brown Rice	<b>OR</b> >Rotisserie Seasoned Chicken Cajun Beans and Brown Rice Whole Grain Cheesy Garlic Bread	<b>OR</b> >Smoked Turkey Ham, Turkey, and Mozzarella Cheese on French Bread with Shredded Lettuce, Sliced Tomato and Pickles	<b>OR</b> >Tuna Salad Grinder Whole Grain Cheddar Goldfish
S E C O N D		<b>OR</b> >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons	<b>OR</b> >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Cheddar Cheese *Black Beans Whole Grain Corn Muffin	<b>OR</b> >Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Rolled Turkey *Rolled Mozzarella Whole Grain Cheesy Garlic Bread	<b>OR</b> > Entrée Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Mozzarella Whole Grain Seasonal Muffin	<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
A R Y		Whole Grain Seasonal Muffin Yogurt				
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 <b>Massachusetts Grown</b> *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	<b>Massachusetts Grown</b> *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	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	>Beef Hamburger or Cheeseburger on a Whole Wheat Bun Ketchup, Mustard, Relish	>Grilled Cheese Sandwich Sticks on Whole Wheat Bread Chef's Tomato Dipping Sauce	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips	>Oven Roasted Chicken Mini Buttermilk Biscuit	> Whole Grain Pizza *Plain, Veggie and Pepperoni
K-6		*Green Bean Salad *BBQ Beans with Smoked Turkey Ham *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Hearty Seasonal Vegetable Minestrone Soup *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Broccoli Florets with Low Fat Ranch *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Roasted Corn *Carrots Sticks *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*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	*4 oz. Yogurt *Fresh, Chilled or Dried Fruit Selections	*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>						