

**Worcester Public Schools Menu 2016-2017**

<b>Worcester Public Schools Menu 2016-2017</b>							
		<b>MONDAY</b> 13-Feb	<b>TUESDAY</b> 14-Feb	<b>WEDNESDAY</b> 15-Feb	<b>THURSDAY</b> 16-Feb	<b>FRIDAY</b> 17-Feb	
B	<b>MUST TAKE 3 ITEMS INCLUDING 1/2 CUP OF FRUIT</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		Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	Assorted Cereal	
A		Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	Whole Grain Snack	
K		<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	
F		<i>Egg and Cheese Slider</i>	Whole Grain Season Muffin	Texas Style Whole Grain	Whole Grain Season Muffin	Whole Grain Maple Waffles	
A		on Whole Grain Bun	Yogurt Parfait	Cinnamon French Toast Sticks	Yogurt Parfait	with Chicken Sausage	
S		8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	8 oz Bottle Milk	
T		choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim	choice of 1% or Skim	
K-12							
		>Chicken Nuggets	>Vegetarian Chili Bean Cheese	>Beef Taco Bowl	>BBQ Roasted Pulled Pork Sandwich	> 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	BBQ Sauce		
L				Salsa Cup	Macaroni and Cheese Side	<b>OR</b>	
U		<b>OR</b>	<b>OR</b>	Tortilla Chips		>Tuna Salad Grinder	
N		>Grilled Cheese Sandwich Triangles	>Teriyaki Chicken Strips with Brown Rice		<b>OR</b>	Whole Grain Cheddar Goldfish	
C		on Whole Wheat Bread		<b>OR</b>	>Sliced Turkey, Mozzarella Cheese		
H		Whole Grain Corn Bread	<b>OR</b>	>Rotisserie Seasoned Chicken	on French Bread with Pickles,	<b>OR</b>	
	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>		>Entrée Salad:	Cajun Beans and Brown Rice	Shredded Lettuce and Sliced Tomato	>South West Taco Boat Salad	
S		<b>OR</b>	*Mixed Lettuce	Whole Grain Cheesy Garlic Bread		*Mixed Lettuce	
E		>Entrée Salad:	*Bite Sized Cut Vegetables		<b>OR</b>	*Bite Sized Cut Vegetables	
C		*Mixed Lettuce	*Cubed Ham	<b>OR</b>	> Entrée Salad	*Fajita Chicken	
O		*Bite Sized Cut Vegetables	*Cubed Cheddar Cheese	>Entrée Salad:	*Mixed Lettuce	*Shredded Cheddar Cheese	
N		*Shredded Cheese	*Black Beans	*Mixed Lettuce	*Bite Sized Cut Vegetables	Salsa Brown Rice and Black Beans	
D	*Chickpea Salad	Whole Grain Corn Muffin	*Bite Sized Cut Vegetables	*Cubed Ham			
A	*Whole Grain Croutons		*Rolled Turkey	*Cubed Mozzarella			
R	Whole Grain Seasonal Muffin		*Rolled Mozzarella	Whole Grain Seasonal Muffin			
Y	Yogurt		Whole Grain Cheesy Garlic Bread				
		*Vegetarian Chili and Beans with					
6-12		<b>Massachusetts Grown</b> Kale	*Shredded Lettuce and Tomato Cup		<b>Massachusetts Grown</b>	*Tossed Super Salad	
		with Shredded Cheddar Cheese	<b>Massachusetts Grown</b>	*Tossed Super Salad	*Roasted Spicy Potato Fries	<b>Massachusetts Grown</b>	
		*Green Bean and Fresh Tomato Salad	*Roasted Sweet Potato Fries	*Three Bean Salad with Carrots	*BBQ Beans with Smoked Turkey Ham	*Carrot Sticks	
		*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	*Fresh, Chilled, and	
		Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	Dried Fruit Selections	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, Whole Grain Snack, Yogurt Cup, (vegetables and fruits per menu).</b>							
		>Chicken Fajita Quesadilla	>Sliced Turkey and Mozzarella Cheese	>Beef Taco Bowl	>Diced Chicken and Gravy	> Whole Grain Pizza	
E	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>		on French Bread	Shredded Cheddar Cheese	Mini Buttermilk Biscuit	*Plain, Veggie and Pepperoni	
L				Cajun Brown Rice and Black Beans			
E				Salsa Cup			
M			*Roasted Corn	*Shredded Lettuce, Sliced Tomato, Pickles	Tortilla Chips	*Mashed Potatoes	*Tossed Super Salad with Light Dressing
			*Mild Chili Taco Beans	*Hearty Seasonal Vegetable Minestrone Soup		*Peas and Carrots	<b>Massachusetts Grown</b>
K-6			*Fresh, Chilled, and	*Fresh, Chilled, and	*Broccoli Florets with Low Fat Ranch	*Fresh, Chilled, and	*Celery Sticks
		Dried Fruit Selections	Dried Fruit Selections	*Fresh, Chilled, and	Dried Fruit Selections	*Fresh, Chilled, and Dried Fruit Selections	
		*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	*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		*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>							