



November 2017

Worcester Public Schools

All Student Meals are Served Free
 (must take 3 out of 5 menu items including fruits or vegetables)

Served at: Belmont, Canterbury, City View, Gates Lane, Goddard,
 Quinsigamond, Vernon Hill, and Woodland Academy

Classroom Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Cracker Snack 8 oz. Bottled Milk: 1% or Skim	100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Graham Cracker Snack 8 oz. Bottled Milk: 1% or Skim	100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Cracker Snack 8 oz. Bottled Milk: 1% or Skim	100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Graham Cracker Snack 8 oz. Bottled Milk: 1% or Skim	100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Cracker Snack 8 oz. Bottled Milk: 1% or Skim

Lunch

MONDAY November 13	TUESDAY November 14	WEDNESDAY November 15	THURSDAY November 16	FRIDAY November 17
Beef Hamburger or Cheeseburger on a Whole Grain Bun Ketchup, Mustard, Relish BBQ Beans with Smoked Turkey Ham Green Bean Salad Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Grilled Cheese Sandwich Sticks on Whole Wheat Tomato Dipping Sauce Hearty Minestrone Soup Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Taco Bowl with Cajun Beans and Brown Rice Shredded Orange Cheddar Cheese Tortilla Chips and Salsa Cup Roasted Corn Broccoli Florets with Low Fat Ranch Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Roasted Turkey with Gravy Whole Grain Savory Dressing Cranberry Sauce Mashed Potatoes Mixed Carrots and Peas Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Whole Grain Pizza <i>Cheese, Veggie and Pepperoni</i> Tossed Super Salad with Dressing Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim

After School Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Goldfish Cheddar Crackers Fresh Fruit in Season	Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Whole Grain Nacho Tortilla Chips Fresh Fruit in Season	Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>

In addition to the regular menu, the following bundle will also be available daily:
Sunbutter and Jelly with Whole Grain Bread / 4 oz. Yogurt Cup / Vegetable and Fruits per Menu / 8 oz. Bottled Milk Selections

***** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK**

***** MENU SUBJECT TO CHANGE**

***** USDA is an equal opportunity provider and employer**

