



February 2018

Worcester Public Schools

All Student Meals are Served Free

Before the Bell Breakfast

As served at: Burncoat Middle, Burncoat High, Claremont Academy, Doherty, Forest Grove, North High, South High, Sullivan, University Park, Worcester East Middle, and Worcester Technical

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Whole Grain Cereals Whole Grain Snack OR Whole Grain Muffin Yogurt Parfait Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack OR Cinnamon French Toast Bake Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack OR Egg and Cheese Slider on Whole Grain Bun Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack OR Whole Grain Muffin Yogurt Parfait Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim	Assorted Whole Grain Cereals Whole Grain Snack OR Egg and Cheese Omelet on Whole Grain Bun Assorted Fruit Selections 100% Juice 8 oz. Bottled Milk: 1% or Skim

Lunch

MONDAY February 12	TUESDAY February 13	WEDNESDAY February 14	THURSDAY February 15	FRIDAY February 16
Chicken Nuggets and Biscuit OR Grilled Cheese Sandwich Triangles on Whole Wheat Bread Tomato Dipping Sauce OR Entrée Salad: Mixed Lettuce, Vegetables, Shredded Cheese Whole Grain Corn Muffin Garbanzo Bean Salad Croutons Yogurt Corn and Black Bean Salad Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Vegetarian Chili Bean Cheese Whole Grain Tortilla Wrap and Salsa Cup OR Turkey Corn Dog Bites OR South West Entrée Salad: Mixed Lettuce, Vegetables, Chicken Strips, Shredded Cheddar Cheese, Black Bean Salad Tortilla Chips and Salsa Cup Corn and Black Bean Salad Roasted Sweet Potato Fries Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Beef Taco Bowl with Shredded Cheese Tortilla Chips OR Baked Fish Sticks with Cheese on Whole Grain Grinder Roll OR Entrée Salad: Mixed Lettuce, Vegetables, Rolled Turkey, Rolled Mozzarella Cheese Garbanzo Bean Salad Whole Grain Cheesy Garlic Bread Shredded Lettuce and Tomato Cup Corn and Black Bean Salad Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Roast Pork Sandwich on Whole Grain Bun OR Oven Roasted Chicken Whole Grain Buttermilk Biscuit OR Entrée Salad: Mixed Lettuce, Vegetables, Croutons, Rolled Turkey and Rolled Mozzarella Cheese, Garbanzo Bean Salad Whole Grain Corn Muffin Roasted Spicy Potato Wedges Corn and Black Bean Salad Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Whole Grain Pizza Cheese, Veggie and Pepperoni OR Tuna on Whole Wheat Torpedo Roll OR South West Entrée Salad: Mixed Lettuce, Vegetables, Chicken Strips, Shredded Cheddar Cheese, Black Bean Salad Tortilla Chips and Salsa Cup Vegetable Dippers Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim

Breakfast and Lunch must take 3 out of 5 menu items including fruits or vegetables.

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 Bites 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Whole Grain Nacho Tortilla Chips Fresh Fruit in Season	Assorted Grain Snacks 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 / Whole Grain Snack / 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