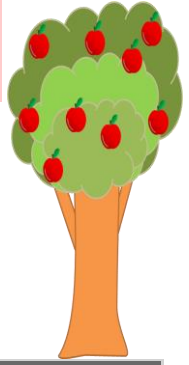


August - September 2017



Worcester Public Schools

where all student meals are served free
(must take 3 of 5 including fruit or vegetable, may take all)

Classroom Breakfast Weekly Rotation (in lieu of Before the Bell)

all children in attendance are served breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
4 oz. 100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Graham Cracker Pack 8 oz. Bottled Milk: 1% or Skim	4 oz. 100% Juice Fresh Fruit in Season Cinnamon French Toast Sticks 8 oz. Bottled Milk: 1% or Skim	4 oz. 100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Graham Cracker Snack 8 oz. Bottled Milk: 1% or Skim	4 oz. 100% Juice Fresh Fruit in Season Whole Grain Seasonal Muffin 4 oz. Fruited Yogurt 8 oz. Bottled Milk: 1% or Skim	4 oz. 100% Juice Fresh Fruit in Season Assorted Whole Grain Cereals Graham Cracker Snack 8 oz. Bottled Milk: 1 oz. or Skim

As served at: Belmont, Burncoat Street Prep, Canterbury, Chandler Elementary, Chandler Magnet, City View, Clark Street, Columbus Park, Elm Park, McGrath, Gates Lane, Goddard, Grafton Street, Jacob Hiatt, Lake View, Lincoln Street, Quinsigamond, Rice Square, Union Hill, Vernon Hill, Wawecus, and Woodland Academy.

Before the Bell Breakfast Weekly Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
4 oz. Orange Juice Assorted Fruit Selections Whole Grain English Muffin with Egg and Cheese OR Assorted Whole Grain Cereals Graham Cracker Pack 8 oz. Bottled Milk: 1% or Skim	4 oz. Orange Juice Assorted Fruit Selections Seasonal Muffin 4 oz. Yogurt Parfait OR Assorted Whole Grain Cereals Graham Cracker Pack 8 oz. Bottled Milk: 1% or Skim	4 oz. Orange Juice Assorted Fruit Selection <i>Texas Style Whole Grain</i> Cinnamon French Toast Sticks OR Assorted Whole Grain Cereals Graham Cracker Pack 8 oz. Bottled Milk: 1% or Skim	4 oz. Orange Juice Assorted Fruit Selection Seasonal Muffin 4 oz. Yogurt Parfait OR Assorted Whole Grain Cereals Graham Cracker Pack 8 oz. Bottled Milk: 1% or Skim	4 oz. Orange Juice Assorted Fruit Selection School Choice Hot Entree OR Assorted Whole Grain Cereals Graham Cracker Pack 8 oz. Bottled Milk: 1% or Skim

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017 Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	August 29, 2017 Beef Hot Dog Whole Grain Hot Dog Bun Mustard Mild Hot Dog Chili Taco Beans Broccoli Florets Fresh Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	August 30, 2017 Chef's Beef Taco Bowl with Cheddar and Salsa Nacho Chips Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	August 31, 2017 <i>Fresh</i> Sliced Turkey and Mozzarella on Whole Grain French Bread <i>with</i> Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	September 1, 2017 Fresh Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors
September 4, 2017 LABOR DAY	September 5, 2017 Mini Corn Dogs Mustard Fresh Corn Salad Maple Baked Beans Fresh Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	September 6, 2017 Hamburger or Cheeseburger Whole Grain Hamburger Bun Broccoli Dippers Vegetable Dippers Light Ranch Dressing Assorted Fruit in Season Mustard / Ketchup 8 oz. Bottled Milk Plain and Assorted Flavors	September 7, 2017 <i>Fresh</i> Tuna Salad on Whole Grain Hot Dog Bun <i>with</i> Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavor Plain and Assorted Flavors	September 8, 2017 Fresh Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors
September 11, 2017 Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	September 12, 2017 Beef Hot Dog Whole Grain Hot Dog Bun Mustard Mild Hot Dog Chili Taco Beans Broccoli Florets Fresh Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	September 13, 2017 Chicken Teriyaki Strips Brown Rice with Carrots/Peas Asian Slaw Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	September 14, 2017 <i>Fresh</i> Sliced Turkey and Mozzarella on Whole Grain French Bread <i>with</i> Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors	September 15, 2017 Fresh Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk Plain and Assorted Flavors

September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Mini Corn Dogs Mustard Broccoli Dippers Maple Baked Beans Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	<i>Chef's</i> Meatball and Sauce Bowl with Whole Grain Mini Sub Roll Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	<i>Fresh</i> Chicken Salad on Whole Hamburger Bun with Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavor</i>	<i>Fresh</i> Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
Chicken Nuggets Whole Grain Mini Biscuit Fresh Corn Salad Carrot Sticks Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Beef Hot Dog Whole Grain Hot Dog Bun Mustard Mild Hot Dog Chili Taco Beans Broccoli Florets Fresh Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	<i>Chef's</i> Beef Taco Bowl with Cheddar and Salsa Nacho Chips Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	<i>Fresh</i> Sliced Turkey and Mozzarella on Whole Grain French Bread with Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	<i>Fresh</i> Cheese Pizza Special Vegetable Dippers Vegetable Dippers Assorted Fruit in Season 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>

After School Snack Weekly Rotation

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Assorted Flavors</i>	Goldfish Cheddar Crackers 8 oz. Bottled Milk <i>Assorted Flavors</i>	Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Assorted Flavors</i>	Whole Grain Nacho Tortilla Chips 8 oz. Bottled Milk <i>Assorted Flavors</i>	Whole Grain Cookie Snack 8 oz. Bottled Milk <i>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.

