

**Worcester Public Schools Menu 2016-2017**

		<b>MONDAY</b> 19-Jun	<b>TUESDAY</b> 20-Jun	<b>WEDNESDAY</b> 21-Jun	<b>THURSDAY</b> 22-Jun	<b>FRIDAY</b> 23-Jun
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 Cereal Whole Grain Snack <b>OR</b> <i>Egg and Cheese Slider</i> on Whole Grain Bun	Assorted Cereal Whole Grain Snack <b>OR</b> Whole Grain Season Muffin Yogurt Parfait	Assorted Cereal Whole Grain Snack <b>OR</b> Texas Style Whole Grain Cinnamon French Toast Sticks		
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		

		>Manager's Special <b>OR</b>	>Vegetarian Chili Bean Cheese Whole Grain Tortilla Wrap Salsa Cup <b>OR</b>	>BBQ Roasted Pulled Pork Sandwich on a Whole Grain Bun BBQ Sauce Macaroni and Cheese Side <b>OR</b>		<p><b>Have a great summer!</b></p> <p><b>Be sure to look out for our summer meal trucks offering healthy free meals to children under the age of 18 at various libraries and parks throughout Worcester!</b></p>  <p><b>Summer Food Rocks!</b></p> <p><a href="http://www.worcesterschools.org/school-nutrition">www.worcesterschools.org/school-nutrition</a></p>
L U N C H		>Grilled Cheese Sandwich on Whole Wheat Bread Whole Grain Corn Bread <b>OR</b>	>Teriyaki Chicken Strips with Brown Rice <b>OR</b>	>Sliced Turkey, Mozzarella Cheese on French Bread with Pickles, Shredded Lettuce and Sliced Tomato <b>OR</b>		
S E C O N D	<b>MUST TAKE 3 DIFFERENT COMPONENTS INCLUDING 1/2 CUP OF FRUIT OR VEGETABLE</b>	>Entrée Salad: *Mixed Lettuce *Bite Sized Cut Vegetables *Shredded Cheese *Chickpea Salad *Whole Grain Croutons	>Manager's Special <b>OR</b>	> Entrée Salad *Mixed Lettuce *Bite Sized Cut Vegetables *Cubed Ham *Cubed Mozzarella Whole Grain Seasonal Muffin		
A R Y			Whole Grain Seasonal Muffin Yogurt <b>OR</b>	*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	*Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	
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 *Roasted Sweet Potato Fries *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Roasted Spicy Potato Fries *BBQ Beans with Smoked Turkey Ham *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	

**\* 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).**

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>	>Grilled Cheese Sandwich Sticks on Whole Wheat Bread Chef's Tomato Dipping Sauce <b>OR</b> Manager's Special	>Beef Taco Bowl Shredded Cheddar Cheese Cajun Brown Rice and Black Beans Salsa Cup Tortilla Chips	>Sliced Turkey and Mozzarella Cheese on Whole Grain French Bread <b>OR</b> *Carrot Sticks *Shredded Lettuce, Sliced Tomato, Pickles *BBQ Beans with Smoked Turkey Ham	
K-6		*Hearty Seasonal Vegetable Minestrone *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Broccoli Florets with Low Fat Ranch *Roasted Corn *Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	*Fresh, Chilled, and Dried Fruit Selections *8 oz. Bottled Milk Choices	

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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	
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**Elementary Menu above is served in the following schools: Belmont, Canterbury, City View, Gates Lane, Goddard, Norrback, Quinsigamond, Roosevelt, Vernon Hill, Woodland Academy**

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