



February 2018

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 February 12	TUESDAY February 13	WEDNESDAY February 14	THURSDAY February 15	FRIDAY February 16
Grilled Mozzarella Sticks Tomato Dipping Sauce Roasted Sweet Potato Fries Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Taco Bowl with Shredded Orange Cheddar Cheese Soft Tortilla Triangles and Salsa Cup Black Bean Salad Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Baked Fish Sticks w/ Cheese on Whole Grain Hot Dog Roll Roasted Potato Wedges Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Oven Roasted Chicken Whole Grain Buttermilk Biscuit Mixed Carrots and Peas Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Whole Grain Pizza Cheese, Veggie and Pepperoni Veggie Dippers Broccoli and 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 Plain and Assorted Flavors	Goldfish Cheddar Crackers Fresh Fruit in Season	Whole Grain Cookie Snack 8 oz. Bottled Milk Plain and Assorted Flavors	Whole Grain Nacho Tortilla Chips Fresh Fruit in Season	Whole Grain Cookie Snack 8 oz. Bottled Milk Plain and Assorted Flavors

In addition to the regular menu, the following bundle will also be available daily:
Sunbutter and Jelly with Whole Grain Bread / 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

