



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: Nelson Place, Norrback, Roosevelt

Before the Bell Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Assorted Whole Grain Cereals Whole Grain Snack OR Seasonal 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 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 Seasonal 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 5	TUESDAY February 6	WEDNESDAY February 7	THURSDAY February 8	FRIDAY February 9
Beef Hot Dog on Whole Grain Hot Dog Roll Roasted Corn Broccoli and Carrot Sticks Fresh, Chilled, and Dried Fruit Selections 8 oz. Bottled Milk: 1% or Skim	Grilled Mozzarella Sticks Tomato Dipping Sauce Oven Baked Potato Wedges 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	Oven Roasted Chicken Whole Grain Buttermilk Biscuit Whole Grain Corn Muffin 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 Tossed Super Salad with Dressing Broccoli and Carrot Sticks Vegetable Dippers 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 Bites 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	Whole Grain Cookie Snack 8 oz. Bottled Milk <i>Plain and Assorted Flavors</i>	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 / 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

