

**WORCESTER COUNTY PUBLIC SCHOOLS**  
**September High School 2017**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Grab-n- Go salad of the week:</b>  <b>Week 1: Chicken Caesar</b> <b>Week 2: Garden Salad w/Turkey Salad</b> <b>Week 3: Chef Salad</b> <b>Week 4: Garden Salad w/ Tuna Salad</b>	<b>5 <u>Breakfast Bar</u></b> <b>Chicken &amp; Waffles</b> <b>Sweet &amp; Sour Meatballs</b> <b>Brown Rice</b> <b>Steamed Broccoli</b> <b>Chilled Watermelon</b> <b>Milk</b>	<b>6 <u>Bagel with Cream Cheese</u></b> <b>Chicken Nuggets w/ Roll</b> <b>Breaded Mozzarella Sticks</b> <b>Whipped Potatoes/Gravy</b> <b>Chilled Pears</b> <b>Garden Salad</b> <b>Milk</b>	<b>7 <u>Mini Cinnis</u></b> <b>Hot Turkey and Cheese</b> <b>Chicken Breast Sandwich</b> <b>Baked Beans</b> <b>Corn on the Cob</b> <b>Chilled Mandarin Oranges</b> <b>Garden Salad</b> <b>Milk</b>	<b>8 <u>Mini Pancakes</u></b> <b>Mickey's Cheese Pizza</b> <b>Bacon Cheeseburger</b> <b>Oven Fries</b> <b>California Blend Veggies</b> <b>Fresh Fruit</b> <b>Garden Salad</b> <b>Milk</b>
<b>11 <u>Cereal</u></b> <b>French Bread Pizza</b> <b>Teriyaki Chicken Sandwich</b> <b>Oven Fries</b> <b>Steamed Broccoli</b> <b>Chilled Mandarin Oranges</b> <b>Milk</b>	<b>12 <u>Mini Cinnis</u></b> <b>Cheese MAX Sticks</b> <b>W/ Marinara Sauce</b> <b>Nachos w/Tex Mex</b> <b>Pinto Beans</b> <b>Steamed Baby Carrots</b> <b>Chilled Pears</b> <b>Milk</b>	<b>13 <u>Yogurt/ Cinnamon</u></b> <b><u>Grahams</u></b> <b>Hot or Cold Italian Sub</b> <b>Pepperoni Calzones</b> <b>Seasoned Corn</b> <b>Steamed Fresh Zucchini</b> <b>Chilled Peaches</b> <b>Garden Salad</b> <b>Milk</b>	<b>14 <u>Pancake on Stick</u></b> <b>Oriental Orange Chicken</b> <b>Cheese Steak Sub</b> <b>Seasoned Green Beans</b> <b>Spanish Brown Rice</b> <b>Fresh Local Fruit</b> <b>Garden Salad</b> <b>Milk</b>	<b>15 <u>Breakfast Chicken Sandwich</u></b> <b>Big Daddy's Pizza</b> <b>Chicken Patty Sandwich</b> <b>Seasoned Spiral Cut Fries</b> <b>Seasoned Turnip Greens</b> <b>Apple Slices</b> <b>Garden Salad</b> <b>Milk</b>
<b>18 <u>Cereal</u></b> <b>Chicken Breast Sandwich</b> <b>Meatloaf w/Roll</b> <b>Whipped Potatoes/Gravy</b> <b>Mixed Vegetable Blend</b> <b>Chilled Pears</b> <b>Milk</b>	<b>19 <u>French Toast</u></b> <b>Trident Fish Sandwich &amp; Chips</b> <b>Cheeseburger w/ Let &amp; Tom</b> <b>Baked Beans</b> <b>Seasoned Sugar Snap Peas</b> <b>Chilled Peaches</b> <b>Milk</b>	<b>20 <u>Breakfast Bread</u></b> <b>Chicken Tenders w/ Roll</b> <b>Sloppy Joe Sandwich</b> <b>Sweet Potato Fries</b> <b>Seasoned Ch. Kale</b> <b>Apple Slices</b> <b>Garden Salad</b> <b>Milk</b>	<b>21 <u>Breakfast Sausage Sandwich</u></b> <b>Nachos w/Tex Mex</b> <b>Popcorn Chicken</b> <b>Brown Rice</b> <b>Steamed Baby Carrots</b> <b>Fresh Local Fruit</b> <b>Garden Salad</b> <b>Milk</b>	<b>22 <u>Cinnamon Crisps w/ String Cheese</u></b> <b>Mickey's Cheese Pizza</b> <b>Cold Cut Sub</b> <b>Oven Fries</b> <b>Steamed Broccoli</b> <b>Chilled Peaches</b> <b>Garden Salad</b> <b>Milk</b>
<b>25 <u>Cereal</u></b> <b>Shrimp Poppers w/Mac &amp; Cheese</b> <b>Spaghetti w/ Garlic Bread</b> <b>Seasoned Chopped Kale</b> <b>Corn on the Cob</b> <b>Chilled Watermelon</b> <b>Milk</b>	<b>26 <u>Cinnamon Crisps w/String Cheese</u></b> <b>French Bread Pizza</b> <b>Teriyaki Chicken Sandwich</b> <b>Baked Beans</b> <b>Steamed Broccoli</b> <b>Chilled Mandarin Oranges</b> <b>Milk</b>	<b>27 <u>Pancake on Stick</u></b> <b>Meatball Sub</b> <b>Oriental Orange Chicken</b> <b>Seasoned Green Beans</b> <b>Brown Rice</b> <b>Fresh Local Fruit</b> <b>Garden Salad</b> <b>Milk</b>	<b>28 <u>Mini Cinnis</u></b> <b>Chicken Tenders</b> <b>Cheese Steak Sub</b> <b>Whipped Potatoes/Gravy</b> <b>Seasoned Turnip Greens</b> <b>Chilled Cantaloupe</b> <b>Garden Salad</b> <b>Milk</b>	<b>29 <u>Breakfast Sausage Sandwich</u></b> <b>Big Daddy's Pepperoni or Cheese Pizza</b> <b>Cheeseburger w/Let &amp; Tom</b> <b>Seasoned Spiral Cut Fries</b> <b>Carrots w/ ranch sauce</b> <b>Chilled Pears</b> <b>Garden Salad</b> <b>Milk</b>