
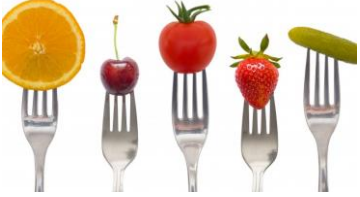
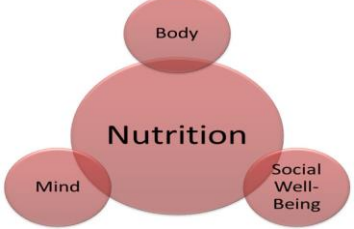


WORCESTER COUNTY PUBLIC SCHOOLS
October High Schools 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Breakfast Bar</u> Chicken Fajitas Steak Fingers Sweet Potato Fries Steamed Green Beans Chilled Peaches	3 <u>Breakfast Bar</u> Chicken & Waffles Sweet & Sour Meatballs Brown Rice Steamed Broccoli Chilled Watermelon Milk	4 <u>Bagel with Cream Cheese</u> Chicken Nuggets w/Roll Breaded Mozzarella Sticks Whipped Potatoes/Gravy Chilled Pears Garden Salad Milk	5 <u>Mini Cinnis</u> Hot Turkey and Cheese Chicken Breast Sandwich Baked Beans Corn on the Cob Chilled Mandarin Oranges Garden Salad Milk	6 <u>Mini Pancakes</u> Mickey's Cheese Pizza Bacon Cheeseburger Oven Fries California Blend Veggies Fresh Fruit Garden Salad Milk
9 <u>Cereal</u> French Bread Pizza Teriyaki Chicken Sandwich Oven Fries Steamed Broccoli Chilled Mandarin Oranges Milk	10 <u>Mini Cinnis</u> Cheese MAX Sticks W/ Marinara Sauce Nachos w/Tex Mex Pinto Beans Steamed Baby Carrots Chilled Pears Milk	11 <u>Yogurt/ Cinnamon Grahams</u> Hot or Cold Italian Sub Pepperoni Calzones Seasoned Corn Steamed Fresh Zucchini Chilled Peaches Garden Salad Milk	12 <u>Pancake on Stick</u> Oriental Orange Chicken Cheese Steak Sub Seasoned Green Beans Spanish Brown Rice Fresh Local Fruit Garden Salad Milk	13 <u>Breakfast Chicken Sandwich</u> Big Daddy's Pizza Chicken Patty Sandwich Seasoned Spiral Cut Fries Seasoned Turnip Greens Apple Slices Garden Salad Milk
16 <u>Cereal</u> Chicken Breast Sandwich Meatloaf Whipped Potatoes/Gravy Mixed Vegetable Blend Chilled Pears Milk	17 <u>French Toast</u> Trident Fish Sandwich & Chips Cheeseburger w/ Let & Tom Baked Beans Seasoned Sugar Snap Peas Chilled Peaches Milk	18 <u>Breakfast Bread</u> Chicken Tenders w/ Roll Sloppy Joe Sandwich Sweet Potato Fries Seasoned Ch. Kale Apple Slices Garden Salad Milk	19 <u>Cinnamon Crisps w/ String Cheese</u> Mickey's Cheese Pizza Cold Cut Sub Oven Fries Steamed Broccoli Chilled Peaches Garden Salad Milk	20 
23 <u>Cereal</u> Shrimp Poppers w/Mac & Cheese Spaghetti w/ garlic bread Seasoned CH. Kale Corn on the Cob Chilled Watermelon Milk	24 <u>Cinnamon Crisps w/String Cheese</u> French Bread Pizza Teriyaki Chicken Sandwich Baked Beans Steamed Broccoli Chilled Mandarin Oranges Milk	25 <u>Pancake on Stick</u> Meatball Sub Oriental Orange Chicken Seasoned Green Beans Brown Rice Fresh Local Fruit Garden Salad Milk	26 <u>Mini Cinnis</u> Chicken Tenders w/ Roll Cheese Steak Sub Whipped Potatoes/Gravy Seasoned Turnip Greens Chilled Cantaloupe Garden Salad Milk	27 <u>Breakfast Sausage Sandwich</u> Big Daddy's Pepperoni or Cheese Pizza Cheeseburger w/Let & Tom Seasoned Spiral Cut Fries Carrots w/ ranch sauce Chilled Pears Garden Salad Milk
30 <u>Breakfast Sausage Sandwich</u> Nachos w/Tex Mex Popcorn Chicken Brown Rice Steamed Baby Carrots Fresh Local Fruit Garden Salad Milk	31 <u>Breakfast Bar</u> Chicken Fajitas Steak Fingers Sweet Potato Fries Steamed Green Beans Chilled Peaches Milk			Grab-n- Go salad of the week: Week 1: Chicken Caesar Week 2: Garden Salad w/Turkey Salad Week 3: Chef Salad Week 4: Garden Salad w/ Tuna Salad