

JANUARY 2018

Worcester Central School

MONDAY

No school **1**

8
Breakfast Pizza
Chicken Patty
W/W Bun
Garlic Noodles
Green Beans
Peaches
Tuna Salad Sandwich

No School **15**

22
Cheese Omelets
Hamburger or Cheeseburger
W/W Bun
Baked Beans
Green Beans
Mixed Fruit
Tuna Salad Sandwich

29
Breakfast Pizza
Chicken Patty
W/W Bun
Garlic Noodles
Green Beans
Peaches
Tuna Salad Sandwich

TUESDAY

No school **2**

9
French Toast Sticks
Nachos Grande
Cheese Sauce
Beans and Rice
Corn
Fruit Cup
Turkey Wrap

16
French Toast Sticks
Chicken Nuggets
Mashed Potatos and Gravy
Corn
Mixed Fruit
Turkey Wrap

23
Blueberry Muffin
Beef Taco
Fiesta Rice
Lettuce,Salsa
Sour Cream
Corn
Turkey Wrap

30
French Toast Sticks
Nachos Grande
Cheese Sauce
Beans and Rice
Corn
Fruit Cup
Turkey Wrap

WEDNESDAY

Bagels **3**

Grilled Cheese
Tomato Soup
Fresh Broccoli & Carrots
Peaches
Egg Salad Sandwich

10
Bagels
Spaghetti With Meat Sauce
Whole Grain Bread
Romaine Salad
California Blend Vegetables
Pears
Egg Salad Sandwich

17
Bagels
Sloppy Joe
French Fries
Peas
Peaches
Egg Salad Sandwich

24
Cheese Omelets
Grilled Cheese
Tomato Soup
Fresh Broccoli & Carrots
Peaches
Egg Salad Sandwich

31
Bagels
Spaghetti With Meat Sauce
Whole Grain Bread
Romaine Salad
California Blend Vegetables
Pears
Egg Salad Sandwich

THURSDAY

4
Blueberry Muffin
Chicken Quesadillas
Fiesta Rice
Corn
Salsa
Sour Cream
Peaches
Ham & Cheese Wrap

11
Blueberry Muffin
Chicken and Biscuits
Mashed Potatos and Gravy
Peas & Carrots
Mandarin Oranges
Ham & Cheese Wrap

18
Blueberry Muffin
BBQ Turkey W/W Roll
Coleslaw
Sweet Potato Fries
Pears
Ham & Cheese Wrap

25
Blueberry Muffin
Chicken and Biscuits
Mashed Potatos/Gravy
Peas & Carrots
Mandarin Oranges
Ham & Cheese Wrap

DID YOU KNOW...
JANUARY IS NAMED AFTER THE ROMAN GOD JANUS,
WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS.
HE LOOKED BACK TO THE LAST YEAR AND FORWARD
TO THE NEW ONE.

FRIDAY

Sausage Cheese Muffin **5**

Cheese or Pepperoni
Pizza
Fresh Broccoli & Carrots
Italian Blend Vegetables
Applesauce

12
Sausage Cheese Muffin
Cheese or Pepperoni
Pizza
Or
Fish On a Bun
Fresh Broccoli & Carrots
Italian Blend Vegetables
Applesauce

19
Sausage Cheese Muffin
Cheese or Pepperoni
Pizza
Fresh Broccoli & Carrots
Italian Blend Vegetables
Applesauce

26
Sausage Cheese Muffin
Cheese or Pepperoni
Pizza
Or
Fish On a Bun
Fresh Broccoli & Carrots
Italian Blend Vegetables
Applesauce

Lunch K-12 2.25
Breakfast k-12 1.00

Available Everyday for Lunch;
1% White,
Skim Chocolate
Canned fruit
Fresh fruit
Hot vegetables
Salads

Menu subject to change without notice

Remember you can make on-line payments



School News

A full lunch must consist of 3-5 Components: protein, grain and vegetable

FREE AND REDUCED APPLICATIONS ARE ACCEPTED ALL YEAR

Available Everyday for breakfast;
Asst cold cereals
Fresh fruit
1% White