

MAY 2017

Worcester Central School

MONDAY

1
Cheese Omelets
Hamburger or Cheeseburger
W/W Bun
Corn
Baked Beans
Pears
Egg Salad Sandwich

8
Cheese Omelets
Meatball Sub
W/W Bun
Green Beans
Pears
Egg Salad Sandwich

15
Mini Pancakes
BBQ Pork Rib
on W/W Bun
Baked Beans
Applesauce
Egg Salad Sandwich

22
Cheese Omelets
Chicken Nuggets
Mashed Potatoes
Gravy
Carrots
Applesauce
Egg Salad Sandwich

29
No School
Memorial Day

TUESDAY

2
French Toast Sticks
Spaghetti With Meat Sauce
Whole Grain Bread
Green Beans
Romaine Salad
Peaches
Turkey Wrap

9
French Toast Sticks
Chicken Parm
W/W Bun
Pasta
Green Beans
Fruit Cup
Turkey Wrap

16
French Toast Sticks
Nachos Grande
Cheese Sauce
Rice
Corn
Pears
Turkey Wrap

23
French Toast Sticks
Baked Potato
Chili and Cheese
Broccoli
Peaches
Turkey Wrap

30
French Toast Sticks
Hamburger or Cheeseburger
W/W Bun
Corn
Baked Beans
Pears
Turkey Wrap

WEDNESDAY

3
Bagels
Chicken Quesadillas
Sour Cream
Salsa
Fiesta Rice
Corn
Fruit Cup
Tuna Salad Sandwich

10
Bagels
Hot Dog on W/W Bun
Chili and Cheese
French Fries
Carrots
Peaches
Tuna Salad Sandwich

17
Bagels
Spaghetti With Meat Sauce
Whole Grain Bread
Green Beans
Romaine Salad
Peaches
Tuna Salad Sandwich

24
Bagels
Grilled Cheese
Tomato Soup
Broccoli
Fruit Cup
Tuna Salad Sandwich

31
Bagels
Spaghetti With Meat Sauce
Whole Grain Bread
Green Beans
Romaine Salad
Peaches
Tuna Salad Sandwich

THURSDAY

4
Breakfast Pizza
Turkey and Cheese Melt
Tater Tots
Carrots
Pears
Ham & Cheese Wrap

11
Blueberry Muffin
Chicken Flatbread
Fiesta Rice
Green Beans
Fruit Cup
Ham & Cheese Wrap

18
Breakfast Pizza
Chicken Patty
on W/W Bun
Sweet Potato Fries
Broccoli
Fruit Cup
Ham & Cheese Wrap

25
Blueberry Muffin
Hot Turkey
Mashed Potatoes & Gravy
Peas & Carrots
Pears
Ham & Cheese Wrap

DID YOU KNOW...

The birthstone for May is the emerald which represents success or love.

FRIDAY

5
Sausage Cheese Muffin
Cheese or Pepperoni
Pizza
Fish on w/w bun
Fresh Broccoli & Carrots
w/Dip
Italian Blend Vegetables
Applesauce

12
Sausage Cheese Muffin
Cheese or Pepperoni
Pizza
Fish on w/w bun
Fresh Broccoli & Carrots
w/Dip
Italian Blend Vegetables
Applesauce

19
Field Day
Hamburgers
Hot Dogs
Watermelon
Chips

26
Sausage Cheese Muffin
Cheese or Pepperoni
Pizza
Fish on w/w bun
Fresh Broccoli & Carrots
w/Dip
Italian Blend Vegetables
Applesauce

Lunch K-12 2.25
Breakfast k-12 1.00

Lunch:

Variety of Milk
Canned Fruit
Fresh Fruit
Hot Vegetables
Salads

Menu subject to change
without notice

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

FREE AND REDUCED
APPLICATIONS ARE
ACCEPTED ALL YEAR

School News

5210

Every Day!

MY
SCHOOL
BUCKS