

# September 2017

Worcester Central School

Monday

Tuesday

Wednesday

Thursday

Friday

## Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

No School

1

No School

4

French Toast Sticks

5

Chicken Patty  
W/W Bun  
Garlic Noodles  
Green Beans  
Fruit Cup  
Egg Salad Sandwich

Bagels

6

Grilled Cheese  
Tomato Soup  
Broccoli  
Peaches

Tuna Salad Sandwich

Blueberry Muffin

7

Hamburger or Cheeseburger  
W/W Bun  
Corn  
Baked Beans  
Pineapple  
Ham & Cheese Wrap

Sausage Cheese Muffin

8

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

Cheese Omelets

11

Chicken Nuggets  
Mashed Potatoes  
Gravy  
Carrots  
Peaches  
Egg Salad Sandwich

French Toast Sticks

12

Nachos Grande  
Cheese Sauce  
Beans and Rice  
Corn  
Fruit Cup  
Turkey Wrap

Bagels

13

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

Blueberry Muffin

14

Chicken Parm  
W/W Bun  
Garlic Noodles  
Green Beans  
Pears  
Ham & Cheese Wrap

Sausage Cheese Muffin

15

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

Mini Pancakes

18

Meatball Sub  
W/W Bun  
Green Beans  
Pears

Egg Salad Sandwich

French Toast Sticks

19

Sloppy Joe  
Sweet Potatoes Fries  
Corn  
Peaches

Turkey Wrap

Bagels

20

Chicken Patty  
W/W Bun  
Garlic Noodles  
Green Beans  
Fruit Cup

Tuna Salad Sandwich

Blueberry Muffin

21

Chicken Flatbread  
Fiesta Rice  
Corn  
Pears

Ham & Cheese Wrap

Sausage Cheese Muffin

22

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

Cheese Omelets

25

Hamburger or Cheeseburger  
W/W Bun  
Green Beans  
Baked Beans  
Pineapple  
Egg Salad Sandwich

French Toast Sticks

26

Chicken Fajitas  
Cheese, Peppers & Onions  
Corn  
Fiesta Rice  
Pears  
Turkey Wrap

Bagels

27

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

Breakfast Pizza

28

Chicken and Biscuits  
Winter Squash  
Peas & Carrots  
Mandarin Oranges

Ham & Cheese Wrap

Sausage Cheese Muffin

29

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

**Menu subject  
to change  
without notice**

**Available Everyday for  
Lunch;**

Variety of milk  
Canned fruit  
Fresh fruit  
Hot vegetables  
Fresh Vegetables  
Variety of Salads

**School News**

**Breakfast \$1.00**

**Lunch \$2.25**

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  
Yogurt  
Variety of milk

**5210  
Every Day!**