

JANUARY 2022

Worcester Central School

Monday

Pancakes/Sausage **3**
Chicken Nuggets
 Rice
 Corn
 Tuna Salad Sandwich

Pancakes/Sausage **10**
Grilled Cheese
 Chicken Soup
 Broccoli
 Tuna Salad Sandwich

No School **17**



Pancakes/Sausage **24**
Chicken Parm
 W/W Bun
Green Beans
 Tuna Salad Sandwich

Pancakes/Sausage **31**
Grilled Cheese
 Chicken Soup
 Broccoli
 Tuna Salad Sandwich

Tuesday

Bagels/Cream Cheese **4**
Hamburger
 or
Cheeseburger
 W/W Bun
 French Fries
 Carrots
 Turkey Sandwich

Cheese Omelet **11**
Sloppy Joe
 French Fries
 Carrots
 Pears
 Turkey Sandwich

Bagels/Cream Cheese **18**
Hot Dog
 W/W Bun
 Sauerkraut
 Baked Beans
 Turkey Sandwich

Cheese Omelet **25**
Hamburger
 or
Cheeseburger
 W/W Bun
 French Fries
 Vegetable Soup
 Turkey Sandwich

Wednesday

French Toast Sticks **5**
Spaghetti with Meat Sauce
 Whole Grain Bread
 Green Beans
 Egg Salad Sandwich

French Toast Sticks **12**
Chicken and Gravy
 Rice
 Corn
 Egg Salad Sandwich

French Toast Sticks **19**
Spaghetti with Meat Sauce
 Whole Grain Bread
 Green Beans
 Egg Salad Sandwich

French Toast Sticks **26**
Baked Ziti
Dinner Roll
Salad
 Egg Salad Sandwich

Thursday

Blueberry Muffin **6**
Roast Turkey
 Mashed Potatoes
 Gravy
 Peas and Carrots
 Ham Sandwich

Blueberry Muffin **13**
Mac & Cheese
 Stewed Tomatoes
 Ham Sandwich

Blueberry Muffin **20**
Ham and Cheese Bagel
 Tater Tots
Corn
 Ham Sandwich

Blueberry Muffin **27**
Nachos Grande
 Meat & Cheese
 Corn
 Ham Sandwich

Friday

Sausage Cheese Muffin **7**
Cheese or Pepperoni Pizza
 Romaine & Spinach salad
 Apple Sauce
 Peanut Butter & Jelly

Sausage Cheese Muffin **14**
Cheese or Pepperoni Pizza
 Italian Blend Vegetables
 Apple Sauce
 Peanut Butter & Jelly

Sausage Cheese Muffin **21**
Cheese or Pepperoni Pizza
 Italian Blend Vegetables
 Apple Sauce
 Peanut Butter & Jelly

Sausage Cheese Muffin **28**
Cheese or Pepperoni Pizza
 Italian Blend Vegetables
 Apple Sauce
 Peanut Butter & Jelly

Lunch K-12 Free
 Breakfast k-12 Free

Available Every day for
Lunch

Variety of milk
 Canned fruit
 Fresh fruit
 Hot vegetables
 Salads

Menu subject to
 change without notice
 Remember you can
 make on-line
 payments at



School Info

Breakfast and Lunch
 Is free through June

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

Available Everyday
 for breakfast;

Asst cold cereals
 Fresh fruit
 Variety of milk



Every Day!

DID YOU KNOW?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.