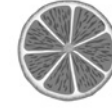




MONTGOMERY COUNTY PUBLIC SCHOOLS



# CAFE BREAKFAST

## MIDDLE & HIGH SCHOOLS

### Daily Menu

|                                    |                |
|------------------------------------|----------------|
| Whole Grain Breakfast Sandwich     | CAL<br>185-330 |
| Fruit and/or Apple or Orange Juice | 55-220         |
| Choice of Milk <sup>o</sup>        | 80-120         |

**PAID \$1.30**

**STUDENTS ELIGIBLE FOR FREE/REDUCED COST \$0.00**

WHOLE GRAIN BREAKFAST SANDWICH MAY INCLUDE:

|                         |                                   |
|-------------------------|-----------------------------------|
| Chicken Ham+ and Cheese | Egg Patty and Cheese <sup>^</sup> |
| Chicken Ham+            | Sausage Patty*                    |
| Egg Patty <sup>^</sup>  | Sausage Patty* and Cheese         |

*Breakfast Sandwiches are served on a Whole Grain Swirl Roll or Whole Grain Hamburger Bun.*

<sup>^</sup> Meatless + Poultry \*Pork WG Whole Grain  
<sup>o</sup> Milk choices include Fat Free White, Fat Free Flavored, or 1% White

**ALTERNATE ITEMS AVAILABLE DAILY**

*Menu effective August 25, 2014*

[www.montgomeryschoolsmd.org/departments/foodserv](http://www.montgomeryschoolsmd.org/departments/foodserv)

### Daily Alternate Items May Include

|  |                |
|--|----------------|
| Whole Grain Cereal with Whole Grain Toast <sup>^</sup>         | CAL<br>190-280 |
| Whole Grain Cereal with Yogurt <sup>^</sup>                    | 160-190        |
| Whole Grain Cereal <sup>^</sup>                                | 200            |
| 2 Slices of Whole Grain Toast <sup>^</sup>                     | 240-338        |
| Whole Grain French Toast Sticks <sup>^</sup>                   | 166-406        |
| Whole Grain Egg & Cheese Wrap <sup>^</sup>                     | 180            |
| Fruit and Yogurt Parfait with Whole Grain Granola <sup>^</sup> | 239-260        |
| Whole Grain Pancakes <sup>^</sup>                              | 210-450        |
| Whole Grain Beef Sausage Sandwich~                             | 190            |
| Whole Grain Bagel <sup>^</sup>                                 | 170-200        |
| Whole Grain Cinnamon Roll <sup>^</sup>                         | 232            |

*Offered with two fruit choices and choice of milk.*