Attachment F

DIVISION OF FOOD & NUTRITION SERVICES

MCPS MONTGOMERY COUNTY PUBLIC SCHOOLS

SEPTEMBER 2019
ELEMENTARY MENU

MEAL PRICES

breakfast	daily
paid	$1.30
reduced	$.00
lunch	**daily**
paid	$2.55
reduced	$.30

BREAKFAST

M	WG Beef Sausage Bagel~	235
T	WG Pancakes^	220
W	WG Oatmeal Bar & Yogurt^	220
TH	WG Breakfast Sandwich	120-285
F	WG Cinnamon Roll^	232

SERVED DAILY

Assorted Fruit/Fruit Juice	55-90
Fat Free or 1% Milk	80-120

DAILY ALTERNATES

Other daily entree choices may include beef cheeseburger slider, peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. Please check with your school cafeteria manager for your options.

Please check the website for menu changes in the event of a change to the school schedule.

NUTRITION INFO

Nutrition, allergen, and gluten free information is available on the web at *www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/*

Please note that the calculated calories of some main choices may include a whole grain item that has a calorie range of 70-180 calories.

Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork ⚡Spicy ᵛVegan WG = Whole Grain

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3**	**4**	**5**	**6**
NO SCHOOL	CAL	CAL	CAL	CAL
	^WG Chicken Patty Sandwich w/ Curly Potatoes 411	WG French Toast Sticks w/ *Sausage 346	~Taco w/ Corn & Edamame w/ WG Scoops 346	^Cheese or +Pepperoni Personal WG Pizza 320-330
	OR	OR	OR	OR
	^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 466	~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 567	^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440	+⚡Spicy WG Chicken Patty Sandwich 341
	Baby Carrots 30	Roasted Chickpeas 160	Salsa 45	Tossed Salad w/ Ranch Dressing 92
	Salsa 45	Celery Sticks 3	Tossed Salad w/ Ranch Dressing 92	Assorted Fruit 60-90
	Assorted Fruit 60-90	Individual Serving Peanut Butter Cup 200	Assorted Fruit 60-90	Fat Free or 1% Milk 80-120
	Fat Free or 1% Milk 80-120	Assorted Fruit 60-90	Fat Free or 1% Milk 80-120	
		Fat Free or 1% Milk 80-120		

PARENT INFORMATION

MySchoolBucks.com is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to **MySchoolBucks.com** to register.

RETURNED CHECKS ARE SUBJECT TO RECOVERY FOR THE FACE VALUE AND MARYLAND STATE ALLOWED FEE OF $25.00 THROUGH AN ELECTRONIC DEBIT OR PAPER DRAFT TO THE SAME ACCOUNT. YOUR PAYMENT BY CHECK CONSTITUTES YOUR ACCEPTANCE OF THESE TERMS.

A LA CARTE OPTIONS

Did you know that, in addition to healthy meals, many schools offer a la carte options? All snack foods and beverages sold are in compliance with the MCPS Wellness Regulations (www.montgomeryschoolsmd.org/departments/policy/pdf/jpgra.pdf). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.