

SEPTEMBER 2017

PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO				
breakfast	daily	M	WG Mini Bagels^	<i>Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, and bagel with yogurt. Please check with your school cafeteria manager for your options.</i>	Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx . 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.				
paid	\$1.30	T	WG Pancakes^			240			
reduced	\$0.00	W	WG Bagel w/ Cream Cheese or Jelly^			220			
lunch	daily	TH	WG Breakfast Sandwich			130-236			
paid	\$2.55	F	WG Cinnamon Roll^			120-285			
reduced	\$0.00		SERVED DAILY			240			
			Assorted Fruit/Fruit Juice	55-90					
			Fat Free or 1% Milk	80-100					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ♻️Vegan WG = Whole Grain §Shrimp 🍀 Lucky Plate Day									
LUNCH									
4		5		6		7		8	
NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL		NO SCHOOL	
11	CAL	12	CAL	13	CAL	14	CAL	15	CAL
^WG Cheese Crunchers w/ Marinara Sauce	336	+Hot Dog on WG Bun w/ Corn & Green Beans	235	^WG Grilled Cheese Sandwich w/ Baked Fries	394	+WG Chicken Nuggets w/ WG Blueberry Bread	412	^Cheese WG Pizza	310
Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	Apple Juice	60	Tossed Salad w/ Ranch Dressing	92	Baby Carrots	30
Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100	Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90
						Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Mac & Cheese w/ WG Chicken Nuggets+ & WG Roll 399 Broccoli 15 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	19 ^WG Pancakes w/ Yogurt & String Cheese 370 Grape Tomatoes 16 Apple Juice 60 Fat Free or 1% Milk 80-100	20 ~Cafe Burger on WG Bun w/ Curly Potatoes 410 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	21 NO SCHOOL	22 ^Cheese WG Pizza 310 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
HOME GROWN SCHOOL LUNCH WEEK				
25 +Hot Dog on WG Bun w/ Corn 378 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	26 +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 344 Local Apples or Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-100	27 ^WG Spaghetti w/ Meatballs & WG Roll 355 Apple Juice 60 Fat Free or 1% Milk 80-100	28 Taco w/ Corn & Edamame & WG Scoops 346 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	29 ^Cheese WG Pizza 310 Tossed Salad w/ Ranch Dressing 92 Watermelon or Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-100

