



MONTGOMERY COUNTY PUBLIC SCHOOLS

CAFE BREAKFAST MIDDLE & HIGH SCHOOLS



DAILY MENU

| | |
|-----------------------------|----------------|
| WG Breakfast Sandwich | CAL 185-330 |
| Fruit | 29-129 |
| 100% Fruit Juice | 55-60 |
| Choice of Milk ^o | 80-120 |

MEAL PRICES

paid \$1.30

reduced \$0.00

WHOLE GRAIN BREAKFAST SANDWICH MAY INCLUDE:

Chicken Ham+ and Cheese

Egg Patty and Cheese[^]

Chicken Ham+

Sausage Patty*

Egg Patty[^]

Sausage Patty* and Cheese

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

[^] Meatless + Poultry *Pork WG Whole Grain

^o Milk choices include Fat Free White, Fat Free Flavored, or 1% White

ALTERNATE ITEMS AVAILABLE DAILY. PLEASE CHECK WITH YOUR CAFETERIA.

Menu effective September 5, 2017

<http://www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx>

DAILY ALTERNATE ITEMS MAY INCLUDE

| | |
|---|----------------|
| WG Cereal Bowl with WG Toast [^] | CAL 190-280 |
| WG Cereal Bowl with 4 oz. Yogurt [^] | 160-190 |
| WG Cereal Pouch [^] | 200 |
| 2 Slices of WG Toast with Margarine and Jelly [^] | 240-338 |
| WG French Toast Sticks [^] (w/ syrup) | 166-(406) |
| Small Fruit and Yogurt Parfait with WG Granola [^] | 239-260 |
| WG Mini Pancakes [^] (w/ syrup) | 210-(450) |
| WG Bagel [^] with Cream Cheese or Jelly | 170-240 |
| WG Cinnamon Roll [^] | 240 |
| WG Oatmeal Bar with 4 oz. Yogurt [^] | 240 |
| WG Mini Bagel [^] with Cream Cheese | 240 |
| WG Pancakes [^] (w/ syrup) | 210-(450) |

Breakfast menus contain 4-5 items. Students must take 3 of the 4 items, one must be fruit or juice.



DIVISION FOOD & NUTRITION SERVICES
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