

# MAY 2018

## ELEMENTARY MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS																
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Mini Bagels<sup>^</sup></b>	<b>240</b>	<b>Carb Counts are for items that are highlighted only. Hot Packs Counts include the items “under the film” – not the bread or roll added to it.</b>  <b>Standard Grains/Bread Carb Counts:</b> Croutons: 4      Hamburger Bun: 28      Rounds: 29 Dinner Roll: 15      Hot Dog Bun: 30      Pita Chips: 24 Granola Pkg: 47      Mini Flatbread: 13      Scoops: 19															
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes<sup>^</sup></b>	<b>220</b>																
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly<sup>^</sup></b>	<b>130-236</b>																
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>	<b>120-285</b>																
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll<sup>^</sup></b>	<b>240</b>																
<b>reduced</b>	<b>\$.40</b>	<b>SERVED DAILY</b>																		
			Assorted Fruit/Fruit Juice	55-90																
			Fat Free or 1% Milk	80-120																
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY												
<b>Menu Key:</b> ~Beef   Cal = Calories <sup>^</sup> Meatless   pPeanuts   +Poultry   *Pork   🌶️Spicy <sup>v</sup> Vegan   WG = Whole Grain   🍀 Lucky Plate Day																				
LUNCH																				
<i>Please check the website for menu changes in the event of a change to the school schedule.</i>	<b>1</b>	CAL	<b>~Cheesy Burger on WG Bun w/ Seasoned Potatoes</b>	<b>33</b>	<b>2</b>	CAL	<b>WG French Toast Sticks w/ *Sausage</b>	<b>26</b>	<b>3</b>	CAL	<b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b>	<b>24</b>	<b>4</b>	CAL	<b><sup>^</sup>WG Cheese or +Pepperoni Personal Pizza</b>	<b>36</b>				
			OR				OR				OR				OR					
				<b>+Coconut Chicken Curry w/ Seasoned Potatoes &amp; WG Roll</b>	<b>35</b>			<b><sup>^</sup>WG 3 Cheese Calzone w/ Marinara Sauce</b>	<b>40</b>			<b><sup>^</sup>Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b>	<b>48</b>			<b>+<sup>v</sup>Spicy WG Chicken Patty Sandwich</b>	<b>9</b>			
				Baked Fries Roasted Chickpeas Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk				Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk				Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk				Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk				
<b>7</b>	CAL	<b><sup>^</sup>WG Cheese Crunchers w/ Marinara Sauce</b>	<b>40</b>	<b>8</b>	CAL	<b>+Mini Chicken Tacos w/ Corn &amp; Edamame &amp; WG Mini Flatbreads</b>	<b>35</b>	<b>9</b>	CAL	<b>+BBQ Chicken Drumstick w/ Rosemary Potatoes &amp; WG Roll</b>	<b>35</b>	<b>10</b>	CAL	<b>+WG Chicken Nuggets w/ WG Blueberry Bread</b>	<b>42</b>	<b>11</b>	CAL	<b><sup>^</sup>Cheese or +Pepperoni Stuffed Crust WG Pizza</b>	<b>31</b>	
		OR				OR					OR			OR				OR		
			<b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b>	<b>20</b>			<b>+Hot Dog on WG Bun w/ Corn &amp; Green Beans</b>	<b>21</b>			<b><sup>^</sup>WG Grilled Cheese Sandwich w/ Baked Fries</b>	<b>44</b>			<b>+Chicken Ham &amp; Cheese on WG Croissant</b>	<b>32</b>			<b>~Cafe Burger on WG Bun w/ Curly Potatoes</b>	<b>19</b>
			Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk				Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk				Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk				Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk				Broccoli Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>14</b> <span style="float:right">CAL</span> <b>Mac &amp; Cheese w/ +WG Chicken Nuggets &amp; WG Roll</b> <span style="float:right">35</span> OR <b>^Egg &amp; Turkey Chorizo+ Bowl w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> <span style="float:right">27</span> Grape Tomatoes Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	<b>15</b> <span style="float:right">CAL</span> <b>^WG Pancakes w/ Yogurt &amp; Cheese Stick</b> <span style="float:right">51</span> OR <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> <span style="float:right">31</span> Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	<b>16</b> <span style="float:right">CAL</span> <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> <span style="float:right">30</span> OR <b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun</b> <span style="float:right">31</span> Baked Fries Cucumber Slices Assorted Fruit Fat Free or 1% Milk	<b>17</b> <span style="float:right">CAL</span> <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <span style="float:right">24</span> OR <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> <span style="float:right">48</span> Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>18</b> <span style="float:right">CAL</span> <b>^WG Cheese or +Pepperoni Personal Pizza</b> <span style="float:right">36</span> OR <b>+~Spicy WG Chicken Patty Sandwich</b> <span style="float:right">9</span> Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
<b>21</b> <span style="float:right">CAL</span> <b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b> <span style="float:right">20</span> OR <b>+Hot Dog on WG Bun w/ Corn &amp; Edamame</b> <span style="float:right">17</span> Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	<b>22</b> <span style="float:right">CAL</span> <b>~Cafe Burger on WG Bun w/ Curly Potatoes</b> <span style="float:right">410</span> OR <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> <span style="float:right">32</span> Curly Potatoes Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	<b>23</b> <span style="float:right">CAL</span> <b>^WG Pancakes w/ Yogurt &amp; Cheese Stick</b> <span style="float:right">51</span> OR <b>~WG Spaghetti w/ Meatballs &amp; WG Roll</b> <span style="float:right">42</span> Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>24</b> <span style="float:right">CAL</span> <b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce</b> <span style="float:right">35</span> OR <b>+Garden Salad w/ Chicken Bites &amp; WG Pita Chips</b> <span style="float:right">16</span> Tossed Salad w/ Ranch Dressing Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	<b>25</b> <span style="float:right">CAL</span> <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> <span style="float:right">31</span> OR <b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes &amp; WG Roll</b> <span style="float:right">18</span> Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
<b>28</b> <p style="text-align:center"><b>SCHOOLS CLOSED</b></p>	<b>29 LUCKY PLATE</b> <span style="float:right">CAL</span> <b>~Cheesy Burger on WG Bun w/ Curly Potatoes</b> <span style="float:right">19</span> OR <b>+Coconut Chicken Curry w/ Seasoned Potatoes &amp; WG Roll</b> <span style="float:right">35</span> Baked Fries Assorted Fresh Vegetables Fresh Fruit Sorbet Assorted Fruit Fat Free or 1% Milk	<b>30</b> <span style="float:right">CAL</span> <b>WG French Toast Sticks w/ *Sausage</b> <span style="float:right">26</span> OR <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> <span style="float:right">40</span> Roasted Chickpeas Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>31</b> <span style="float:right">CAL</span> <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <span style="float:right">24</span> OR <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> <span style="float:right">48</span> Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<p style="text-align:center"><b>For information on current hunger relief resources and emergency food providers in Montgomery County, visit the Montgomery County Food Council's Food Assistance Resource Directory at <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/foodassistance</a>.</b></p>

## 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](http://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.*

