




FEBRUARY 2018

ELEMENTARY CARBOHYDRATE MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS										
breakfast	daily	M	WG Mini Bagels^	240	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. Standard Grains/Bread Carb Counts: 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									
paid	\$1.30	T	WG Pancakes^	220										
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly^	130-236										
lunch	daily	TH	WG Breakfast Sandwich	120-285										
paid	\$2.55	F	WG Cinnamon Roll^	240										
reduced	\$.40	SERVED DAILY												
			Assorted Fruit/Fruit Juice	55-90										
			Fat Free or 1% Milk	80-120										
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
Menu Key: ~Beef Carb = Carbohydrates ^Meatless pPeanuts +Poultry *Pork 🌶️ Spicy ♻️ Vegan WG = Whole Grain 🍀 Lucky Plate Day														
LUNCH														
									1	CARB	2	CARB		
									~Taco w/ Corn & Edamame w/ WG Scoops		24	^Cheese or +Pepperoni Stuffed Crust WG Pizza		31
									OR			OR		
^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola		49	+Spicy WG Chicken Patty Sandwich		9									
Tossed Salad w/ Ranch Dressing			Assorted Fruit			Fat Free or 1% Milk			Baby Carrots					
Assorted Fruit			Fat Free or 1% Milk						Assorted Fresh Vegetables					
Fat Free or 1% Milk									Assorted Fruit					
									Fat Free or 1% Milk					
5	CARB	^WG Cheese or +Pepperoni Personal Pizza		36	+WG Chicken Drumstick w/ Rosemary Potatoes & WG Roll		35	+WG Chicken Nuggets w/ Spiced Apples & WG Roll		35	^Cheese or +Pepperoni Stuffed Crust WG Pizza		31	
OR				OR			OR			OR				
+WG Cheese Crunchers w/ Marinara Sauce		40	+Hot Dog on WG Bun w/ Corn		17	^WG Grilled Cheese Sandwich w/ Baked Fries		44	+Mesquite Chicken & Cheese on WG Croissant		29	~Cafe Burger on WG Bun w/ Curly Potatoes		19
Baby Carrots			Broccoli			Baked Fries			Tossed Salad w/ Ranch Dressing			Cucumber Slices		
Grape Tomatoes			Roasted Chickpeas			Ancient Grains Vegetable Soup+			Assorted Fruit			Assorted Fresh Vegetables		
Assorted Fruit			Assorted Fruit			Assorted Fruit			Fat Free or 1% Milk			Assorted Fruit		
Fat Free or 1% Milk			Fat Free or 1% Milk			Fat Free or 1% Milk						Fat Free or 1% Milk		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 LUCKY PLATE CARB Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 35 OR ^Egg & Turkey Chorizo+ Bowl w/ Seasoned Potatoes & WG Mini Flatbread 27 Grape Tomatoes Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	13 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR ^WG Pancakes w/ Yogurt & String Cheese 51 Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	14 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 30 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Baked Fries Cucumber Slices Assorted Fruit Fresh Fruit Sorbet Fat Free or 1% Milk	15 CARB ~Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 49 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	16 CARB ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR +^Spicy WG Chicken Patty Sandwich 9 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
19 NO SCHOOL	20 CARB +WG Chicken Nuggets w/ Curly Potatoes & WG Roll OR +Hot Dog on WG Bun w/ Corn 17 Curly Potatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	21 CARB ^WG Pancakes w/ Yogurt & String Cheese 51 OR ~WG Spaghetti w/ Meatballs & WG Roll 42 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	22 CARB ^WG Grilled Cheese Sandwich w/ Baked Fries 44 OR +Chicken Caesar Salad w/ WG Croutons & WG Pita Chips 16 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	23 CARB ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 31 Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
26 CARB +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll OR ~Cheesy Burger on WG Bun w/ Seasoned Potatoes 33 Baked Fries Grape Tomatoes Cranberry Sauce Assorted Fruit Fat Free or 1% Milk	27 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 51 Roasted Chickpeas Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk	28 CARB WG French Toast Sticks w/ *Sausage 26 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 40 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<p>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 https://mocofoodcouncil.org/foodassistance.</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). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.