

OCTOBER 2017 ELEMENTARY 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 §Shrimp 🍀 Lucky Plate Day									
LUNCH									
2	CARB	3	CARB	4	CARB	5	CARB	6	CARB
+WG Chicken Patty on WG Bun w/ Baked Fries	34	^WG Cheese or +Pepperoni Personal Pizza	36	WG French Toast Sticks w/ *Sausage	26	Taco w/ Corn & Edamame w/ WG Scoops	24	^Cheese or +Pepperoni WG Pizza	30
OR		OR		OR		OR		OR	
~Cheesy Burger on WG Bun w/ Seasoned Potatoes	33	~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll	51	^WG 3 Cheese Calzone w/ Marinara Sauce	40	^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola	49	+~Spicy WG Chicken Patty Sandwich	14
Baked Fries Grape Tomatoes Assorted Fresh Fruit Fat Free or 1% Milk		Celery Sticks Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Juice Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk		Baby Carrots Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	
9	CARB	10	CARB	11	CARB	12	CARB	13	CARB
^WG Cheese Crunchers w/ Marinara Sauce	40	^WG Cheese or +Pepperoni Personal Pizza	36	+BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll	35	+WG Chicken Nuggets w/ WG Blueberry Bread	42	^Cheese or +Pepperoni WG Pizza	30
OR		OR		OR		OR		OR	
+Chicken Bites w/ Cheesy Spinach & WG Scoops	18	+Hot Dog on WG Bun w/ Corn & Green Beans	9	^WG Grilled Cheese Sandwich w/ Baked Fries	44	+Chicken Ham & Cheese on WG Croissant	32	^WG Potato Crisp Fish Sandwich w/ Baked Fries	31
Baby Carrots Grape Tomatoes Assorted Fresh Fruit Fat Free or 1% Milk		Broccoli Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk		Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fresh Fruit Sorbet Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk		Baby Carrots Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 CARB Mac & Cheese w/ WG Chicken Nuggets+ & WG Roll 35 OR ^Egg & Turkey Chorizo+ Bowl w/ Seasoned Potatoes & WG Mini Flatbread 51 Grape Tomatoes Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	17 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR ^WG Pancakes w/ Yogurt & String Cheese 56 Baby Carrots Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Juice Fat Free or 1% Milk	18 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 34 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 19 Baked Fries Cucumber Slices Assorted Fresh Fruit Fat Free or 1% Milk	19 CARB Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 49 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	20 CARB ^Cheese or +Pepperoni WG Pizza 30 OR +~Spicy WG Chicken Patty Sandwich 14 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk
23 CARB +WG Chicken Nuggets w/ Curly Potatoes & WG Roll 30 OR +Hot Dog on WG Bun w/ Corn 17 Curly Potatoes Celery Sticks Assorted Fresh Fruit Fat Free or 1% Milk	24 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 27 Grape Tomatoes Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	25 LUCKY PLATE CARB ^WG Pancakes w/ Yogurt & String Cheese 56 OR ^WG Spaghetti w/ Meatballs & WG Roll 42 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Juice Fat Free or 1% Milk	26 CARB Taco w/ Corn & Edamame w/ WG Scoops 24 OR +Chicken Caesar Salad w/ WG Croutons & WG Pita Chips 16 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	27 CARB ^Cheese or +Pepperoni WG Pizza 30 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 31 Baby Carrots Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk
30 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 34 OR ~Cheesy Burger on WG Bun w/ Seasoned Potatoes 33 Baked Fries Grape Tomatoes Assorted Fresh Fruit Fat Free or 1% Milk	31 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			

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 recurring 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.

9.17 - DFNS
 This institution is an equal opportunity provider.