

APRIL 2018

PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO				
breakfast	daily	M	WG Mini Bagels^ 240	<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^ 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^ & Cheese Stick 240-300						
reduced	\$.00	SERVED DAILY							
		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 ^Vegan WG = Whole Grain									
LUNCH									
2 SPRING BREAK SCHOOLS CLOSED		3		4		5		6	
		+WG Chicken Patty on WG Bun w/ Baked Fries 440 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100		WG Fiesta Cheese Enchiladas w/ ~Red Sauce 343 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100		~Taco w/ Corn & Edamame & WG Scoops 346 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100		^Cheese Stuffed Crust WG Pizza 320 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	
9		10		11		12		13	
^WG Cheese Crunchers w/ Marinara Sauce 336 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100		+Hot Dog on WG Bun w/ Corn 235 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100		^WG Grilled Cheese Sandwich w/ Baked Fries 394 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100		+WG Chicken Nuggets w/ WG Blueberry Bread 412 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100		^Cheese Stuffed Crust WG Pizza 320 Cucumber Slices 14 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 CAL Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 399 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	17 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	18 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	19 CAL ~Taco w/ Corn & Edamame & WG Scoops 346 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	20 CAL ^Cheese Stuffed Crust WG Pizza 320 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
23 CAL +Hot Dog on WG Bun w/ Corn 235 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	24 CAL +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 344 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	25 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	26 CAL WG Fiesta Cheese Enchiladas w/ ~Red Sauce 343 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	27 CAL ^Cheese Stuffed Crust WG Pizza 320 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
30 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<p><i>Please check the website for menu changes in the event of a change to the school schedule.</i></p>			
<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.</p>				

