

# MAY 2018

# PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO	
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Mini Bagels^</b>	<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 <a href="http://www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx">www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx</a> .  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.	
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes^</b>			<b>240</b>
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</b>			<b>220</b>
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>			<b>130-236</b>
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll^ &amp; Cheese Stick</b>			<b>120-285</b>
<b>reduced</b>	<b>\$.00</b>		<b>SERVED DAILY</b>			
			Assorted Fruit/Fruit Juice	55-90		
			Fat Free or 1% Milk	80-100		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**Menu Key:** ~Beef Cal = Calories ^Meatless pPeanuts +Poultry \*Pork ^Vegan WG = Whole Grain

## 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/ Curly Potatoes</b> <b>450</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>2</b> CAL <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> <b>314</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>3</b> CAL <b>~Taco w/ Corn &amp; Edamame &amp; WG Scoops</b> <b>346</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>4</b> CAL <b>^WG Cheese Personal Pizza</b> <b>330</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
	<b>7</b> CAL <b>^WG Cheese Crunchers w/ Marinara Sauce</b> <b>336</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>8</b> CAL <b>+Hot Dog on WG Bun w/ Corn &amp; Green Beans</b> <b>235</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>9</b> CAL <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> <b>394</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>10</b> CAL <b>+WG Chicken Nuggets w/ WG Blueberry Bread</b> <b>412</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

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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;"><b>399</b></span> Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>15</b> <span style="float: right;">CAL</span> <b>^WG Pancakes w/ Yogurt &amp; Cheese Stick</b> <span style="float: right;"><b>370</b></span> Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>16</b> <span style="float: right;">CAL</span> <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> <span style="float: right;"><b>440</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>17</b> <span style="float: right;">CAL</span> <b>~Taco w/ Corn &amp; Edamame &amp; WG Scoops</b> <span style="float: right;"><b>346</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>18</b> <span style="float: right;">CAL</span> <b>^WG Cheese Personal Pizza</b> <span style="float: right;"><b>330</b></span> Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
<b>21</b> <span style="float: right;">CAL</span> <b>+Hot Dog on WG Bun w/ Corn &amp; Edamame</b> <span style="float: right;"><b>xxx</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>22</b> <span style="float: right;">CAL</span> <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> <span style="float: right;"><b>344</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>23</b> <span style="float: right;">CAL</span> <b>^WG Pancakes w/ Yogurt &amp; Cheese Stick</b> <span style="float: right;"><b>370</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>24</b> <span style="float: right;">CAL</span> <b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce</b> <span style="float: right;"><b>343</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>25</b> <span style="float: right;">CAL</span> <b>^Cheese Stuffed Crust WG Pizza</b> <span style="float: right;"><b>320</b></span> Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
<b>28</b>  <b>SCHOOLS CLOSED</b>	<b>29</b> <span style="float: right;">CAL</span> <b>~Cheesy Burger on WG Bun w/ Curly Potatoes</b> <span style="float: right;"><b>450</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>30</b> <span style="float: right;">CAL</span> <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> <span style="float: right;"><b>314</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>31</b> <span style="float: right;">CAL</span> <b>~Taco w/ Corn &amp; Edamame &amp; WG Scoops</b> <span style="float: right;"><b>346</b></span> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<p style="color: purple; font-weight: bold;">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://mcofoodcouncil.org/foodassistance">https://mcofoodcouncil.org/foodassistance</a>.</p>



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