

# DECEMBER 2017 ELEMENTARY 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^</b>			<b>120-285</b>
<b>reduced</b>	<b>\$.40</b>		<b>SERVED DAILY</b>			<b>240</b>
			Assorted Fruit/Fruit Juice	55-90		
			Fat Free or 1% Milk	80-120		
MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY

**Menu Key:** ~Beef Cal = Calories ^Meatless pPeanuts +Poultry \*Pork 🌶️Spicy ♻️Vegan WG = Whole Grain §Shrimp 🍀 Lucky Plate Day

## LUNCH



<b>1</b>	<b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b>	<b>320-330</b>	CAL
	<b>OR</b>		
<b>1</b>	<b>+Spicy WG Chicken Patty Sandwich</b>	<b>341</b>	CAL
	Baby Carrots	30	
	Assorted Fresh Vegetables	20-25	
	Assorted Fruit	60-90	
	Fat Free or 1% Milk	80-120	

<b>4</b>	<b>~Meatball Sub on WG Bun w/ Green Beans</b>	<b>380</b>	CAL
	<b>OR</b>		
	<b>+Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b>	<b>407</b>	CAL
	Baby Carrots	30	
	Grape Tomatoes	16	
	Assorted Fruit	60-90	
	Fat Free or 1% Milk	80-120	

<b>5</b>	<b>^WG Cheese or +Pepperoni Personal Pizza</b>	<b>330-350</b>	CAL
	<b>OR</b>		
	<b>+Hot Dog on WG Bun w/ Corn</b>	<b>235</b>	CAL
	Broccoli	15	
	Roasted Chickpeas	160	
	Assorted Fruit	60-90	
	Fat Free or 1% Milk	80-120	

<b>6</b>	<b>+BBQ Chicken Drumstick w/ Rosemary Potatoes &amp; WG Roll</b>	<b>290</b>	CAL
	<b>OR</b>		
	<b>^WG Grilled Cheese Sandwich w/ Baked Fries</b>	<b>394</b>	CAL
	Baked Fries	110	
	Tossed Salad w/ Ranch Dressing	92	
	Assorted Fruit	60-90	
	Fat Free or 1% Milk	80-120	

<b>7</b>	<b>+WG Chicken Nuggets w/ WG Blueberry Bread</b>	<b>412</b>	CAL
	<b>OR</b>		
	<b>+Chicken Ham &amp; Cheese on WG Croissant</b>	<b>410</b>	CAL
	Tossed Salad w/ Ranch Dressing	92	
	Assorted Fruit	60-90	
	Fat Free or 1% Milk	80-120	

<b>8</b>	<b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b>	<b>320-330</b>	CAL
	<b>OR</b>		
	<b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b>	<b>470</b>	CAL
	Cucumber Slices	14	
	Assorted Fresh Vegetables	20-25	
	Assorted Fruit	60-90	
	Fat Free or 1% Milk	80-120	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> <small>CAL</small> <b>Mac &amp; Cheese w/ WG Chicken Nuggets+ &amp; WG Roll</b> <b>399</b> OR <b>^Egg &amp; Turkey Chorizo+ Bowl w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> <b>359</b> Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>12</b> <small>CAL</small> <b>^WG Cheese or +Pepperoni Personal Pizza</b> <b>330-350</b> OR <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> <b>370</b> Baby Carrots 30 Assorted Fresh Vegetables 8 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>13</b> <small>CAL</small> <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> <b>440</b> OR <b>~Cafe Burger on WG Bun w/ Curly Potatoes</b> <b>410</b> Baked Fries 110 Cucumber Slices 14 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>14</b> <small>CAL</small> <b>Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <b>346</b> OR <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> <b>440</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>15</b> <small>CAL</small> <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> <b>320-330</b> OR <b>+^Spicy WG Chicken Patty Sandwich</b> <b>341</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
<b>18</b> <small>CAL</small> <b>+WG Chicken Nuggets w/ Curly Potatoes &amp; WG Roll</b> <b>321</b> OR <b>+Hot Dog on WG Bun w/ Corn</b> <b>378</b> Curly Potatoes 140 Celery Sticks 3 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>19</b> <small>CAL</small> <b>^WG Cheese or +Pepperoni Personal Pizza</b> <b>330-350</b> OR <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> <b>344</b> Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>20</b> <small>CAL</small> <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> <b>370</b> OR <b>^WG Spaghetti w/ Meatballs &amp; WG Roll</b> <b>355</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>21</b> <small>CAL</small> <b>LUCKY PLATE</b> <b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce</b> <b>343</b> OR <b>+Chicken Caesar Salad w/ WG Croutons &amp; WG Pita Chips</b> <b>282</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	<b>22</b> <small>CAL</small> <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> <b>320-330</b> OR <b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun</b> <b>567</b> Baby Carrots 30 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120
<b>25</b> <b>WINTER BREAK SCHOOLS CLOSED</b>	<b>26</b> <b>WINTER BREAK SCHOOLS CLOSED</b>	<b>27</b> <b>WINTER BREAK SCHOOLS CLOSED</b>	<b>28</b> <b>WINTER BREAK SCHOOLS CLOSED</b>	<b>29</b> <b>WINTER BREAK SCHOOLS CLOSED</b>

## 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.*