


DECEMBER 2017

PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO				
breakfast	daily	M	WG Mini Bagels^	<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^			240	220		
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly^			130-236	120-285		
lunch	daily	TH	WG Breakfast Sandwich			240			
paid	\$2.55	F	WG Cinnamon Roll^						
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 🌶️Spicy ♻️Vegan WG = Whole Grain §Shrimp 🍀 Lucky Plate Day									
LUNCH									
								1	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
4	CAL	5	CAL	6	CAL	7	CAL	8	CAL
~Meatball Sub on WG Bun w/ Green Beans	380	+Hot Dog on WG Bun w/ Corn	235	^WG Grilled Cheese Sandwich w/ Baked Fries	394	+WG Chicken Nuggets w/ WG Blueberry Bread	412	^Cheese Stuffed Crust WG Pizza	320
Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	Tossed Salad w/ Ranch Dressing	92	Baby Carrots	30
Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100	Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90
						Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 CAL Mac & Cheese w/ WG Chicken Nuggets+ & WG Roll 399 Broccoli 15 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	12 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	13 CAL ~Cafe Burger on WG Bun w/ Curly Potatoes 410 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	14 CAL Taco w/ Corn & Edamame & WG Scoops 346 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	15 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
18 CAL +Hot Dog on WG Bun w/ Corn 378 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	19 CAL +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 344 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	20 CAL ^WG Spaghetti w/ Meatballs & WG Roll 355 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	21 CAL WG Fiesta Cheese Enchiladas w/ ~Red Sauce 343 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	22 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
25 WINTER BREAK SCHOOLS CLOSED	26 WINTER BREAK SCHOOLS CLOSED	27 WINTER BREAK SCHOOLS CLOSED	28 WINTER BREAK SCHOOLS CLOSED	29 WINTER BREAK SCHOOLS CLOSED

