




FEBRUARY 2018 ELEMENTARY 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								
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly^			220								
lunch	daily	TH	WG Breakfast Sandwich			130-236								
paid	\$2.55	F	WG Cinnamon Roll^			120-285								
reduced	\$.40		SERVED DAILY	240										
			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 🍀 Lucky Plate Day														
LUNCH														
									1	CAL	2	CAL		
									~Taco w/ Corn & Edamame w/ WG Scoops		346	^Cheese or +Pepperoni Stuffed Crust WG Pizza		320-330
									OR			OR		
^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola		440	+🌶️Spicy WG Chicken Patty Sandwich		341									
Tossed Salad w/ Ranch Dressing		92	Baby Carrots		30									
Assorted Fruit		60-90	Assorted Fresh Vegetables		20-25									
Fat Free or 1% Milk		80-120	Assorted Fruit		60-90									
			Fat Free or 1% Milk		80-120									
5	CAL	6	CAL	7	CAL	8	CAL	9	CAL					
^WG Cheese Crunchers w/ Marinara Sauce		336	^WG Cheese or +Pepperoni Personal Pizza		330-350	+WG Chicken Nuggets w/ Spiced Apples & WG Roll		365	^Cheese or +Pepperoni Stuffed Crust WG Pizza		320-330			
OR			OR			OR			OR					
+WG Chicken Bites w/ Cheesy Spinach & WG Scoops		407	+Hot Dog on WG Bun w/ Corn		235	+Mesquite Chicken & Cheese on WG Croissant		310	~Cafe Burger on WG Bun w/ Curly Potatoes		410			
Baby Carrots		30	Broccoli		15	Tossed Salad w/ Ranch Dressing		92	Cucumber Slices		14			
Grape Tomatoes		16	Roasted Chickpeas		160	Assorted Fruit		60-90	Assorted Fresh Vegetables		20-25			
Assorted Fruit		60-90	Assorted Fruit		60-90	Fat Free or 1% Milk		80-120	Assorted Fruit		60-90			
Fat Free or 1% Milk		80-120	Fat Free or 1% Milk		80-120				Fat Free or 1% Milk		80-120			

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 LUCKY PLATE CAL Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 399 OR ^Egg & Turkey Chorizo+ Bowl w/ Seasoned Potatoes & WG Mini Flatbread 359 Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	13 CAL ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR ^WG Pancakes w/ Yogurt & String Cheese 370 Baby Carrots 30 Assorted Fresh Vegetables 8 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	14 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Baked Fries 110 Cucumber Slices 14 Assorted Fruit 60-90 Fresh Fruit Sorbet 70-80 Fat Free or 1% Milk 80-120	15 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	16 CAL ^Cheese or +Pepperoni Stuffed Crust WG Pizza 320-330 OR +Spicy WG Chicken Patty Sandwich 341 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
19 NO SCHOOL	20 CAL +WG Chicken Nuggets w/ Curly Potatoes & WG Roll 391 OR +Hot Dog on WG Bun w/ Corn 235 Curly Potatoes 140 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	21 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 OR ~WG Spaghetti w/ Meatballs & WG Roll 355 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	22 CAL ^WG Grilled Cheese Sandwich w/ Baked Fries 394 OR +Chicken Caesar Salad w/ WG Croutons & WG Pita Chips 282 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	23 CAL ^Cheese or +Pepperoni Stuffed Crust WG Pizza 320-330 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 567 Baby Carrots 30 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
26 CAL +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll 363 OR ~Cheesy Burger on WG Bun w/ Seasoned Potatoes 450 Baked Fries 110 Grape Tomatoes 16 Cranberry Sauce 54 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	27 CAL ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Roasted Chickpeas 160 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	28 CAL WG French Toast Sticks w/ *Sausage 346 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<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.org/foodassistance.</p> 	

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). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.