

# JANUARY 2018 ELEMENTARY MENU

| MEAL PRICES   |                     | BREAKFAST  |  | DAILY ALTERNATES   | NUTRITION INFO  |   |                |
|---|---------------------|--|--|--|---|---|----------------|
| <b>breakfast</b>  | <b>daily</b>        | <b>M</b>   | <b>WG Mini Bagels<sup>^</sup></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> .<br><br>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<sup>^</sup></b>                       |  |   | <b>240</b>  |                |
| <b>reduced</b>  | <b>\$.00</b>        | <b>W</b>   | <b>WG Bagel w/ Cream Cheese or Jelly<sup>^</sup></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<sup>^</sup></b>                  |  |   | <b>120-285</b>  |                |
| <b>reduced</b>  | <b>\$.40</b>        | <b>SERVED DAILY</b>                                  |  |  |   |   |                |
|   |                     |  | Assorted Fruit/Fruit Juice                           | 55-90  |   |   |                |
|   |                     |  | Fat Free or 1% Milk                                  | 80-120   |   |   |                |
| MONDAY  |                     | TUESDAY  |  | WEDNESDAY  | THURSDAY  | FRIDAY  |                |
| <b>Menu Key:</b> ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ♻️Vegan WG = Whole Grain §Shrimp 🍀Lucky Plate Day |                     |  |  |  |   |   |                |
| LUNCH   |                     |  |  |  |   |   |                |
| <b>1</b>  |                     | <b>2</b>   |  | <b>3</b>   |   | <b>5</b>  |                |
| <b>WINTER BREAK<br/>SCHOOLS CLOSED</b>  |                     | <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b>    | <b>440</b>   | <b>WG French Toast Sticks w/ *Sausage</b>  | <b>346</b>  | <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b>               | <b>346</b>     |
|   |                     | <b>OR</b>  |  | <b>OR</b>  |   | <b>OR</b>   |                |
|   |                     | <b>~Cheesy Burger on WG Bun w/ Seasoned Potatoes</b> | <b>450</b>   | <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b>  | <b>314</b>  | <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> | <b>440</b>     |
|   |                     | Baked Fries  | 110  | Baby Carrots   | 30  | Tossed Salad w/ Ranch Dressing                                | 92             |
|   |                     | Roasted Chickpeas                                    | 160  | Assorted Fresh Vegetables  | 20-25   | Assorted Fruit  | 60-90          |
|   | Assorted Fruit      | 60-90  | 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   |   |   |                |
|   |                     |  |  |  |   | <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b>           | <b>320-330</b> |
|   |                     |  |  |  |   | <b>OR</b>   |                |
|   |                     |  |  |  |   | <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>8</b>  |                     | <b>9</b>   |  | <b>10</b>  |   | <b>11</b>   |                |
| <b>^WG Cheese Crunchers w/ Marinara Sauce</b>   | <b>336</b>          | <b>^WG Cheese or +Pepperoni Personal Pizza</b>       | <b>330-350</b>                                       | <b>+BBQ Chicken Drumstick w/ Rosemary Potatoes &amp; WG Roll</b>   | <b>290</b>  | <b>+WG Chicken Nuggets w/ WG Blueberry Bread</b>              | <b>412</b>     |
| <b>OR</b>   |                     | <b>OR</b>  |  | <b>OR</b>  |   | <b>OR</b>   |                |
| <b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b>  | <b>407</b>          | <b>+Hot Dog on WG Bun w/ Corn</b>                    | <b>235</b>   | <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b>  | <b>394</b>  | <b>+Chicken Ham &amp; Cheese on WG Croissant</b>              | <b>410</b>     |
| Baby Carrots  | 30                  | Broccoli   | 15   | Baked Fries  | 110   | Tossed Salad w/ Ranch Dressing                                | 92             |
| Grape Tomatoes  | 16                  | Roasted Chickpeas                                    | 160  | Ancient Grains Chicken Soup+   | 114   | Assorted Fruit  | 60-90          |
| Assorted Fruit  | 60-90               | Assorted Fruit                                       | 60-90  | 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   | Fat Free or 1% Milk  | 80-120  |   |                |
|   |                     |  |  |  |   | <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b>          | <b>470</b>     |
|   |                     |  |  |  |   | 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>15</b><br><b>NO SCHOOL</b>  | <b>16</b> CAL<br><b>+WG Chicken Patty on WG Bun w/ Baked Fries 440</b><br>OR<br><b>~Cafe Burger on WG Bun w/ Curly Potatoes 410</b><br>Baked Fries 110<br>Grape Tomatoes 16<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120                                   | <b>17</b> CAL<br><b>^WG Pancakes w/ Yogurt &amp; String Cheese 370</b><br>OR<br><b>^Egg &amp; Turkey Chorizo+ Bowl w/ Seasoned Potatoes &amp; WG Mini Flatbread 359</b><br>Baby Carrots 30<br>Assorted Fresh Vegetables 8<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120 | <b>18</b> CAL<br><b>~Taco w/ Corn &amp; Edamame w/ WG Scoops 346</b><br>OR<br><b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola 440</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120                    | <b>19</b> CAL<br><b>^Cheese or +Pepperoni Stuffed Crust WG Pizza 320-330</b><br>OR<br><b>+Spicy WG Chicken Patty Sandwich 341</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120 |
| <b>22</b> CAL<br><b>^WG Grilled Cheese Sandwich w/ Baked Fries 394</b><br>OR<br><b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun 567</b><br>Curly Potatoes 140<br>Celery Sticks 3<br>Individual Serving Peanut Butter Cup 200<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120 | <b>23</b> CAL<br><b>^WG Cheese or +Pepperoni Personal Pizza 330-350</b><br>OR<br><b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads 344</b><br>Grape Tomatoes 16<br>Roasted Chickpeas 160<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120   | <b>24</b> CAL<br><b>^WG Pancakes w/ Yogurt &amp; String Cheese 370</b><br>OR<br><b>~WG Spaghetti w/ Meatballs &amp; WG Roll 355</b><br>Ancient Grains Chicken Soup+ 114<br>Assorted Fresh Vegetables 8<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120                    | <b>25 LUCKY PLATE</b> CAL<br><b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce 343</b><br>OR<br><b>+Hot Dog on WG Bun w/ Corn 378</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fresh Fruit 60-90<br>Fresh Fruit Sorbet 70-80<br>Fat Free or 1% Milk 80-120 | <b>26</b><br><b>NO SCHOOL</b>  |
| <b>29</b> CAL<br><b>+WG Chicken Patty on WG Bun w/ Baked Fries 440</b><br>OR<br><b>~Cheesy Burger on WG Bun w/ Seasoned Potatoes 450</b><br>Baked Fries 110<br>Grape Tomatoes 16<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120   | <b>30</b> CAL<br><b>^WG Cheese or +Pepperoni Personal Pizza 330-350</b><br>OR<br><b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll 435</b><br>Roasted Chickpeas 160<br>Assorted Fresh Vegetables 8<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120 | <b>31</b> CAL<br><b>WG French Toast Sticks w/ *Sausage 346</b><br>OR<br><b>^WG 3 Cheese Calzone w/ Marinara Sauce 314</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fruit 60-90<br>Fat Free or 1% Milk 80-120  |   |  |

## 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.*