

JANUARY 2018

PRE-K/HEADSTART MENU

| MEAL PRICES | | BREAKFAST | | | DAILY ALTERNATES | NUTRITION INFO | | | |
|--|---------------|---|---|---|--|---|-------------------|---------------------------------------|-------------------|
| breakfast | daily | M | WG Mini Bagels^ | 240 | <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^ | 220 | | | | | |
| reduced | \$.00 | W | WG Bagel w/ Cream Cheese or Jelly^ | 130-236 | | | | | |
| lunch | daily | TH | WG Breakfast Sandwich | 120-285 | | | | | |
| paid | \$2.55 | F | WG Cinnamon Roll^ | 240 | | | | | |
| 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 | | 2 | | 3 | | 4 | | 5 | |
| WINTER BREAK SCHOOLS CLOSED | | +WG Chicken Patty on WG Bun w/ Baked Fries | CAL 440 | ^WG 3 Cheese Calzone w/ Marinara Sauce | CAL 314 | ~Taco w/ Corn & Edamame & WG Scoops | CAL 346 | ^Cheese Stuffed Crust WG Pizza | CAL 320 |
| | | 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 | 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 |
| 8 | CAL | 9 | CAL | 10 | CAL | 11 | CAL | 12 | CAL |
| ^WG Cheese Crunchers w/ Marinara Sauce | 336 | +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 | Cucumber Slices | 14 |
| 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 |
|---|---|--|--|--|
| 15 NO SCHOOL | 16 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 | 17 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 | 18 CAL ~Taco w/ Corn & Edamame & WG Scoops 346 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 19 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 |
| 22 CAL +Hot Dog on WG Bun w/ Corn 378 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 23 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 | 24 CAL ~WG Spaghetti w/ Meatballs & WG Roll 355 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 25 CAL WG Fiesta Cheese Enchiladas w/ ~Red Sauce 343 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 15 NO SCHOOL |
| 29 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 30 CAL ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 31 CAL ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 |  <p style="font-size: 2em; font-family: cursive;">Happy</p> <hr style="border: 1px solid blue;"/> <p style="font-size: 3em; font-weight: bold; letter-spacing: 0.5em;">NEW YEAR</p> <hr style="border: 1px solid blue;"/> <p style="font-size: 2em; font-family: cursive;">2018</p> | |

