

OCTOBER 2017 ELEMENTARY 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	\$.40	SERVED DAILY							
			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									
2	CAL	3	CAL	4	CAL	5	CAL	6	CAL
+WG Chicken Patty on WG Bun w/ Baked Fries		^WG Cheese or +Pepperoni Personal Pizza		WG French Toast Sticks w/ *Sausage		Taco w/ Corn & Edamame w/ WG Scoops		^Cheese or +Pepperoni WG Pizza	
440		330-350		346		346		310-330	
OR		OR		OR		OR		OR	
~Cheesy Burger on WG Bun w/ Seasoned Potatoes		~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll		^WG 3 Cheese Calzone w/ Marinara Sauce		^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola		+🌶️Spicy WG Chicken Patty Sandwich	
450		435		314		440		341	
Baked Fries	110	Celery Sticks	3	Tossed Salad w/ Ranch Dressing	92	Tossed Salad w/ Ranch Dressing	92	Baby Carrots	30
Grape Tomatoes	16	Assorted Fresh Vegetables	20-25	Assorted Fresh Fruit or Fruit Juice	60-90	Assorted Fresh Fruit	60-90	Roasted Chickpeas	160
Assorted Fresh Fruit	60-90	Assorted Fresh Fruit	60-90	Fat Free or 1% Milk	80-120	Fat Free or 1% Milk	80-120	Assorted Fresh Fruit	60-90
Fat Free or 1% Milk	80-120	Fat Free or 1% Milk	80-120					Fat Free or 1% Milk	80-120
9	CAL	10	CAL	11	CAL	12	CAL	13	CAL
^WG Cheese Crunchers w/ Marinara Sauce		^WG Cheese or +Pepperoni Personal Pizza		+BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll		+WG Chicken Nuggets w/ WG Blueberry Bread		^Cheese or +Pepperoni WG Pizza	
336		330-350		290		412		310-330	
OR		OR		OR		OR		OR	
+Chicken Bites w/ Cheesy Spinach & WG Scoops		+Hot Dog on WG Bun w/ Corn & Green Beans		^WG Grilled Cheese Sandwich w/ Baked Fries		+Chicken Ham & Cheese on WG Croissant		^WG Potato Crisp Fish Sandwich w/ Baked Fries	
407		235		394		410		470	
Baby Carrots	30	Broccoli	15	Baked Fries	110	Tossed Salad w/ Ranch Dressing	92	Baby Carrots	30
Grape Tomatoes	16	Roasted Chickpeas	160	Tossed Salad w/ Ranch Dressing	92	Assorted Fresh Fruit	60-90	Assorted Fresh Vegetables	20-25
Assorted Fresh Fruit	60-90	Assorted Fresh Fruit	60-90	Assorted Fresh Fruit	60-90	Fat Free or 1% Milk	80-120	Assorted Fresh Fruit	60-90
Fat Free or 1% Milk	80-120	Fat Free or 1% Milk	80-120	Fresh Fruit Sorbet	70-80			Fat Free or 1% Milk	80-120
				Fat Free or 1% Milk	80-120				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 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 Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	17 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 Fresh Fruit or Fruit Juice 60-90 Fat Free or 1% Milk 80-120	18 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 410 Baked Fries 110 Cucumber Slices 14 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	19 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 Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	20 CAL ^Cheese or +Pepperoni WG Pizza 310-330 OR +Spicy WG Chicken Patty Sandwich 341 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120
23 CAL +WG Chicken Nuggets w/ Curly Potatoes & WG Roll 321 OR +Hot Dog on WG Bun w/ Corn 378 Curly Potatoes 140 Celery Sticks 3 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	24 CAL ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 344 Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	25 LUCKY PLATE CAL ^WG Pancakes w/ Yogurt & String Cheese 370 OR ^WG Spaghetti w/ Meatballs & WG Roll 355 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Juice 60-90 Fat Free or 1% Milk 80-120	26 CAL Taco w/ Corn & Edamame w/ WG Scoops 346 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	27 CAL ^Cheese or +Pepperoni WG Pizza 310-330 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 567 Baby Carrots 30 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120
30 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ~Cheesy Burger on WG Bun w/ Seasoned Potatoes 450 Baked Fries 110 Grape Tomatoes 16 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	31 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			

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 recurring 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.

