

OCTOBER 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			
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	\$.00		SERVED DAILY			240			
			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									
2	CAL	3	CAL	4	CAL	5	CAL	6	CAL
+WG Chicken Patty on WG Bun w/ Baked Fries	440	~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll	435	^WG 3 Cheese Calzone w/ Marinara Sauce	314	Taco w/ Corn & Edamame & WG Scoops	346	^Cheese WG Pizza	310
Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	Baby Carrots	30
Fat Free or 1% Milk	80-100	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
								Fat Free or 1% Milk	80-100
9	CAL	10	CAL	11	CAL	12	CAL	13	CAL
^WG Cheese Crunchers w/ Marinara Sauce	336	+Hot Dog on WG Bun w/ Corn & Green Beans	235	^WG Grilled Cheese Sandwich w/ Baked Fries	394	+WG Chicken Nuggets w/ WG Blueberry Bread	412	^Cheese WG Pizza	310
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
16 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	17 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	18 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	19 CAL Taco w/ Corn & Edamame & WG Scoops 346 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	20 CAL ^Cheese WG Pizza 310 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
23 CAL +Hot Dog on WG Bun w/ Corn 378 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	24 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	25 CAL ^WG Spaghetti w/ Meatballs & WG Roll 355 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	26 CAL Taco w/ Corn & Edamame & WG Scoops 346 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	27 CAL ^Cheese WG Pizza 310 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
30 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	31 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			

