

# SEPTEMBER 2017 ELEMENTARY MENU

## CARBOHYDRATE COUNTS

MEAL PRICES		BREAKFAST		CARB COUNTS
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Mini Bagels<sup>^</sup></b>	<b>Carb Counts are for items that are highlighted only. Hot Packs Counts include the items “under the film” – not the bread or roll added to it.</b>  <b>Standard Grains/Bread Carb Counts:</b> Croutons: 4      Granola Pkg: 47      Hot Dog Bun: 30      Rounds: 29 Dinner Roll: 15      Hamburger Bun: 28      Mini Flatbread: 13      Pita Chips: 24
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes<sup>^</sup></b>	
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly<sup>^</sup></b>	
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>	
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll<sup>^</sup></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   Carb = Carbohydrates   ^Meatless   pPeanuts   +Poultry   *Pork   🌶️Spicy   ♻️Vegan   WG = Whole Grain   §Shrimp   🍀Lucky Plate Day				

### LUNCH

4	5	6	7	8
<b>NO SCHOOL</b>	<b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> CARB 34 OR <b>~Cheesy Burger on WG Bun w/ Seasoned Potatoes</b> CARB 33  Baby Carrots Baked Fries Assorted Fresh Fruit Fat Free or 1% Milk	<b>^WG Cheese or +Pepperoni Personal Pizza</b> CARB 36 OR <b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> CARB 51  Broccoli Grape Tomatoes Assorted Fresh Fruit Fat Free or 1% Milk	<b>WG French Toast Sticks w/ *Sausage</b> CARB 26 OR <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> CARB 40  Cucumber Slices Romaine Salad Assorted Fresh Fruit Fat Free or 1% Milk	<b>^Cheese or +Pepperoni WG Pizza</b> CARB 30 OR <b>+~Spicy WG Chicken Patty Sandwich</b> CARB 14  Baby Carrots Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk
	<b>11</b> CARB 40 <b>^WG Cheese Crunchers w/ Marinara Sauce</b> OR <b>+Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b> CARB 18  Baby Carrots Grape Tomatoes Assorted Fresh Fruit Fat Free or 1% Milk	<b>12</b> CARB 36 <b>^WG Cheese or +Pepperoni Personal Pizza</b> OR <b>+Hot Dog on WG Bun w/ Corn &amp; Green Beans</b> CARB 9  Broccoli Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	<b>13</b> CARB 35 <b>+BBQ Chicken Drumstick w/ Rosemary Potatoes &amp; WG Roll</b> OR <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> CARB 44  Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	<b>14</b> CARB 42 <b>+WG Chicken Nuggets w/ WG Blueberry Bread</b> OR <b>+Chicken Ham + Cheese on WG Bun</b> CARB 32  Tossed Salad w/ Ranch Dressing Fresh Fruit Sorbet Assorted Fresh Fruit Fat Free or 1% Milk

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>18</b> CARB <b>Mac &amp; Cheese w/ WG Chicken Nuggets+ &amp; WG Roll</b> 35 OR <b>^Egg &amp; Turkey Chorizo+ Bowl w/ Seasoned Potatoes &amp; WG Mini Flatbread</b> 51 Broccoli Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	<b>19</b> CARB <b>^WG Cheese or +Pepperoni Personal Pizza</b> 36 OR <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 56 Grape Tomatoes Celery Sticks Assorted Fresh Fruit or Fruit Juice Fat Free or 1% Milk	<b>20</b> CARB <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> 34 OR <b>~Cafe Burger on WG Bun w/ Curly Potatoes</b> 19 Baked Fries Cucumber Slices Assorted Fresh Fruit Fat Free or 1% Milk	<b>21</b> NO SCHOOL	<b>22</b> CARB <b>^Cheese or +Pepperoni WG Pizza</b> 30 OR <b>+Spicy WG Chicken Patty Sandwich</b> 14 Baby Carrots Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk

## HOME GROWN SCHOOL LUNCH WEEK

<b>25</b> CARB <b>+WG Chicken Nuggets w/ Curly Potatoes &amp; WG Roll</b> 31 OR <b>+Hot Dog on WG Bun w/ Corn</b> 17 Curly Potatoes Baby Carrots Assorted Fresh Fruit Fat Free or 1% Milk	<b>26</b> CARB <b>^WG Cheese or +Pepperoni Personal Pizza</b> 36 OR <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbread</b> 27 Grape Tomatoes Roasted Chickpeas Local Apples or Assorted Fresh Fruit Fat Free or 1% Milk	<b>27</b> CARB <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 56 OR <b>^WG Spaghetti w/ Meatballs &amp; WG Roll</b> 42 Spinach Craisin Salad Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Juice Fat Free or 1% Milk	<b>28</b> CARB <b>Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 24 OR <b>+Chicken Caesar Salad w/ WG Croutons &amp; WG Pita Chips</b> 16 Tossed Salad w/ Ranch Dressing Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk	<b>29</b> CARB <b>^Cheese or +Pepperoni WG Pizza</b> 30 OR <b>~WG BBQ Beef Sandwich w/ Corn</b> 43 Tossed Salad w/ Ranch Dressing Watermelon or Assorted Fresh Fruit Fat Free or 1% Milk
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## 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.*

