

SEPTEMBER 2017 ELEMENTARY 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[^]			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
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Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ♾️Vegan WG = Whole Grain §Shrimp 🍀 Lucky Plate Day

LUNCH

4	5	6	7	8	
NO SCHOOL	CAL	CAL	CAL	CAL	
	+WG Chicken Patty on WG Bun w/ Baked Fries	440	^WG Cheese or +Pepperoni Personal Pizza	330-350	WG French Toast Sticks w/ *Sausage
	OR	OR	OR	OR	
	~Cheesy Burger on WG Bun w/ Seasoned Potatoes	450	~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll	435	^WG 3 Cheese Calzone w/ Marinara Sauce
	Baby Carrots	30	Broccoli	15	Cucumber Slices
	Baked Fries	110	Grape Tomatoes	16	Romaine Salad
	Assorted Fresh Fruit	60-90	Assorted Fresh Fruit	60-90	Assorted Fresh Fruit
	Fat Free or 1% Milk	80-120	Fat Free or 1% Milk	80-120	Fat Free or 1% Milk
					+🌶️Spicy WG Chicken Patty Sandwich
					310-330
					346
					314
					341
					Baby Carrots
					Roasted Chickpeas
					Assorted Fresh Fruit
					Fat Free or 1% Milk
					30
					160
					60-90
					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). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.