

# APRIL ELEMENTARY 2021 GRAB + GO MEALS

MONDAY 4/12/21		TUESDAY 4/13/21 + 4/14/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 4/15/21		FRIDAY 4/16/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL	
BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST	
Cinnamon Roll <sup>^WG</sup> 232 Orange Juice 60 Milk 90-120	Raspberry Bar <sup>^WG</sup> 231 Orange Juice 60 Milk 90-120	Bagel <sup>WG</sup> w/ Cream Cheese <sup>^</sup> 130/70 Orange Juice 60 Milk 90-120	Multi Grain Cheerios <sup>^WG</sup> 100 Orange Juice 60 Milk 90-120	NO SCHOOL	Pancakes <sup>^WG</sup> 210-220 Orange Juice 60 Milk 90-120	Beef Sausage <sup>~</sup> + Cheese Mini Bagel <sup>WGIW</sup> 235 Orange Juice 60 Milk 90-120	
LUNCH		LUNCH		LUNCH		LUNCH	
Turkey Ham <sup>+</sup> + Cheese Sandwich <sup>WGIW</sup> 280 Scoops <sup>WG</sup> 110 Salsa Cup 25 Peaches 53 Milk 90-120	Yogurt <sup>^</sup> + Grahams <sup>WG</sup> 180/120 Roasted Chickpeas 160 Mixed Fruit 68 Milk 90-120	Cheese Stick + Hummus w/ Pretzel <sup>^WGIW</sup> 169/140 Baby Carrots 35 Sliced Apples 30 Milk 90-120	Chicken Salad <sup>+</sup> Sandwich <sup>WG</sup> 442 Dried Fruit Mix 120 Milk 90-120	NO SCHOOL	Cheese Cavatappi <sup>WG^</sup> 428 Marinara Cup 45 Fruit Sorbet 77 Milk 90-120	Hamburger <sup>~</sup> on Bun <sup>WG</sup> w/ Baked Fries 429 Craisins 110 Milk 90-120	
SUPPER		SUPPER		SUPPER		SUPPER	
Peanut Butter + Jelly Sandwich <sup>P WG</sup> 631 OR Grilled Cheese Sandwich <sup>^WGIW</sup> 280 Cheese Croissant Sandwich <sup>WG</sup> 330 Veggie Juice 40 Craisins 110 Milk 90-120	Beef Sausage <sup>~</sup> + Cheese Mini Bagel <sup>WGIW</sup> 235 Baby Carrots 35 Mixed Fruit 68 Milk 90-120	Pizza <sup>^WGIW</sup> 359 Marinara Cup 45 Fresh Fruit 30-96 Milk 90-120	Turkey <sup>+</sup> + Cheese Sandwich <sup>WGIW</sup> 236-270 Baby Carrots 35 Dried Fruit Mix 120 Milk 90-120				
SNACK		SNACK		SNACK		SNACK	
Snack Kit <sup>WG</sup> 200	Snack Kit <sup>WG</sup> 200	Cereal Bowl <sup>WG</sup> 100 Milk 90-120	Grahams <sup>WG</sup> 120 Milk 90-120				

**Online Process to Request Food Assistance Resources Available 24/7.** Residents looking for information on food assistance resources can now request help by completing a simple online form. Available in seven languages (Amharic, Chinese, English, French, Korean, Spanish, and Vietnamese), the form is reviewed by a trained resource specialist, and residents receive a return phone call within one business day. The specialist will determine a resident's individual food needs and help them locate food assistance in their community. No personally identifiable information is needed to get help. Information is available about free food distribution sites, free meal and grocery delivery, SNAP (Food Stamps), local food assistance providers, and other resources in Montgomery County. Residents can also call 311 and ask for the Food Access Call Center to get help with their food needs.

Menu Key: ~ Beef Cal Calories IW Individually Wrapped  
^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

## ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>DV</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

**Menu subject to change due to product supply.**

This institution is an equal opportunity provider.