

## BREAKFAST

**Cinnamon Roll**<sup>^WG</sup> 232 cal/38 carb ▪ **Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Cheese or Meateater's Pizza**<sup>^~\*WG</sup> 236/349 cal/27/29 carb ▪ **Baby Carrots** 35 cal/8 carb

**Applesauce Cup** 50 cal/15 carb ▪ **Milk** 90-120 cal/13-20 carb

## SUPPER

**Peanut Butter + Jelly Sandwich**<sup>WG</sup> 631 cal/64 carb **OR**

**Cheese Croissant Sandwich**<sup>^WG</sup> 330 cal/30 carb **OR Grilled Cheese Sandwich**<sup>^WGIW</sup> 280 cal/31 carb

**Veggie Juice** 40 cal/10 carb ▪ **Dried Fruit Mix** 120 cal/30 carb ▪ **Milk** 90-120 cal/13-20 carb

## SNACK

**Snack Kit**<sup>^WG</sup> 200 cal/43 carb

**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.

**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>®</sup>, WG Bagel, Veggie Juice, Craisins, Carrots and Milk

\*Menu subject to change due to product supply. This institution is an equal opportunity provider.

*Food Allergy Awareness: Some of our food products may have come in contact with or contain dairy, eggs, fish, peanuts, shellfish, soy, tree nuts and wheat. Please check our website for nutrients and allergen information.*

**Menu Key:**

<sup>~</sup> Beef cal Calories IW Individually Wrapped <sup>^</sup> Meatless  
<sup>®</sup> Peanuts \* Pork <sup>^</sup> Poultry <sup>^</sup> Vegan WG Whole Grain

## BREAKFAST

**Multi-Grain Cheerios<sup>WG</sup>** 100 cal/23 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Buffalo Chicken Queso<sup>+</sup> w/ Seasoned Potatoes, Peppers + Onions + Scoops<sup>WG</sup>**

440 cal/50 carb ▪ **Salsa Cup** 25 cal/5 carb **Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

## SUPPER

**Yogurt<sup>^</sup> + Granola<sup>WG</sup>** 180/220 cal/38/47 carb ▪ **Roasted Chickpeas** 160 cal/24 carb

**Strawberry Cup** 90 cal/22 carb ▪ **Milk** 90-120 cal/13-20 carb

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## BREAKFAST

**Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup>** 130/70 cal/25/2 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Meatball Sub<sup>~WG</sup>** 272 cal/49carb ▪ **Marinara Cup** 45 cal/7 carb

**Mixed Fruit** 68 cal/18 carb ▪ **Milk** 90-120 cal/13-20 carb

## SUPPER

**Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup>** 227-280 cal/29 carb ▪ **Fresh Fruit** 30-96 cal/7-26 carb

**Grape Tomatoes w/ Ranch** 3/55 cal/3/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## SNACK

**Cereal Bowl<sup>WG</sup>** 100 cal/2 carb ▪ **Milk** 90-120 cal/13-20 carb

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<sup>®</sup> Peanuts \* Pork <sup>+</sup> Poultry <sup>'</sup> Vegan WG Whole Grain

3.18.21

## BREAKFAST

**Raspberry Bar<sup>^WG</sup>** 231 cal/35 carb ▪ **Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Chicken Nuggets<sup>+WG</sup> w/ Cheesy Spinach** 401 cal/19 carb

**Dried Fruit Mix** 120 cal/30 carb ▪ **Milk** 90-120 cal/13-20 carb

## SUPPER

**Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup>** 320 cal/50 carb

**Baby Carrots** 35 cal/8 carb ▪ **Applesauce Cup** 50 cal/15 carb ▪ **Milk** 90-120 cal/13-20 carb

## SNACK

**Grahams<sup>^WG</sup>** 120 cal/9 carb ▪ **Milk** 90-120 cal/13-20 carb

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## BREAKFAST

**Blueberry Chex<sup>^WG</sup>** 240 cal/46 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Peanut Butter + Jelly Sandwich<sup>WG</sup>** 631 cal/64 carb

**OR**

**Cheese Croissant Sandwich<sup>^WG</sup>** 330 cal/30 carb

**Celery w/ Ranch** 3/55 cal/3/13 carb

**Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

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## BREAKFAST

**Egg + Cheese**<sup>^WGIW</sup> 180 cal/14 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Hamburger~ on Bun**<sup>WG</sup> w/ **Baked Fries** 429 cal/46 carb

**OR Manager's Choice**

**Fruit Sorbet** 77 cal/21 carb ▪ **Milk** 90-120 cal/13-20 carb

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**Pancakes**<sup>^WG</sup> 210-220 cal/25/2 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Cheese Cavatappi**<sup>^WG</sup> 428 cal/xx carb

**OR Manager's Choice**

**Marinara Cup** 45 cal/7 carb ▪ **Craisins** 110 cal/27carb ▪ **Milk** 90-120 cal/13-20 carb

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