

SEPTEMBER 2019

PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO	
breakfast	daily	M	WG Beef Sausage Bagel~	<i>Other daily entree choices may include beef cheeseburger slider, peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. Please check with your school cafeteria manager for your options.</i> <i>Please check the website for menu changes in the event of a change to the school schedule.</i>	Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/ 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^			235
reduced	\$.00	W	WG Oatmeal Bar & Yogurt^			220
lunch	daily	TH	WG Breakfast Sandwich			120-285
paid	\$2.55	F	WG Cinnamon Roll^ & Cheese Stick			240-300
reduced	\$.00	SERVED DAILY				
			Assorted Fruit/Fruit Juice	55-90		
			Fat Free or 1% Milk	80-100		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain

LUNCH

2	3	4	5	6
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
9	10	11	12	13
CAL	CAL	CAL	CAL	CAL
+WG Chicken Bites w/ Cheesy Spinach & WG Scoops	~Hamburger on WG Bun w/ Corn	+WG Chicken Drumstick w/ Seasoned Potatoes & WG Breadstick	^WG Cheese Crunchers w/ Marinara Sauce	^Cheese Stuffed Crust WG Pizza
407	290	390	336	320
Assorted Fresh Fruit or Fruit Cup	Assorted Fresh Fruit or Fruit Cup	Assorted Fresh Fruit or Fruit Cup	Assorted Fresh Fruit or Fruit Cup	Assorted Fresh Vegetables
60-90	60-90	60-90	60-90	20-25
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Assorted Fresh Fruit or Fruit Cup
80-100	80-100	80-100	80-100	60-90
				Fat Free or 1% Milk
				80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 CAL +Hot Dog on WG Bun w/ Baked Fries 422 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	17 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	18 CAL ~WG Spaghetti w/ Meatballs & WG Breadstick 385 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	19 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	20 CAL ^WG Cheese Personal Pizza 330 Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
23 CAL ^WG Grilled Cheese Sandwich w/ Baked Fries 394 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 Flatbreads 344 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	25 CAL ~Hamburger on WG Bun w/ Corn 290 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	26 CAL +WG Chicken Nuggets w/ Cranberry Bread 402 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	27 CAL ^Cheese Stuffed Crust WG Pizza 320 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

30

NO SCHOOL

