

OCTOBER 2021 ELEMENTARY MENU

DIVISION OF FOOD & NUTRITION SERVICES

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

A LA CARTE OPTIONS		BREAKFAST		DAILY ALTERNATES		NUTRITION INFO			
<p><i>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.</i></p>		M	Maple Beef Sausage Pancake Sandwich^{-WGIW}	235	<p><i>Other daily entree choices may include 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></p> <p><i>Please check the website for menu changes in the event of a change to the school schedule.</i></p>		<p>Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/</p> <p><i>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.</i></p>		
		T	Yogurt + Oatmeal Bar^{^WGIW}	220					
		W	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WG}	186					
		TH	Beef Sausage Bagel^{-WGIW}	235					
		F	Cinnamon Roll^{^WGIW}	232					
		SERVED DAILY							
		Assorted Fruit/Fruit Juice		29-127					
		Fat Free or 1% Milk		90-120					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ^Vegan WG = Whole Grain									
LUNCH									
								1 <small>CAL</small> Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni[~] 320-365 OR Potato Crisp Fish on Bun^{^WG} 360 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120	
MARYLAND FARM TO SCHOOL WEEK									
4 <small>CAL</small> Chicken Bites^{+WG} w/ Mac + Cheese + Roll^{WG} 546 OR Cheesesteak[~] Potato Bowl + Roll^{WG} 465 Baby Carrots w/ Ranch 30/55 MD Broccoli w/ Ranch 15/55 Fruit 29-127 Fat Free or 1% Milk 90-120		5 <small>CAL</small> French Toast Sticks^{WG} w/ Sausage⁺ 346 OR Teriyaki Meatballs[~] w/ Veggie Rice^{WG} + Roll^{WG} 370 Roasted Chickpeas 160 Grape Tomatoes w/ Ranch 18/55 MD Whole Apples 77 Fruit 29-127 Fat Free or 1% Milk 90-120		6 <small>CAL</small> Hot Dog⁺ on Bun^{WG} w/ Corn 317 OR Veggie Burger^v on Bun^{WG} w/ Crinkle Cut Potatoes 379 Baked Fries 110 MD Spinach Craisin Salad 64/136 Fruit 29-127 Fat Free or 1% Milk 90-120		7 <small>CAL</small> Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} 400 OR Yogurt[^] w/ Granola^{WG} + Strawberry Cup 180/220/90 Tossed Salad w/ Ranch 18/55 MD Cantaloupe Cubes 27 Fruit 29-127 Fat Free or 1% Milk 90-120		8 <small>CAL</small> Personal Pizza^{WG} w/ Cheese or Pepperoni[~] 320-330 OR Spicy Chicken Patty[~] on Bun^{WG} 341 Celery w/ Ranch 3/55 Assorted Vegetables w/ Ranch 20-25/55 MD Whole Apples 77 Fruit 29-127 Fat Free or 1% Milk 90-120	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 <small>CAL</small> Hamburger~ on Bun^{WG} w/ Crinkle Cut Potatoes 440 OR Grilled Cheese Sandwich^{^WG} w/ Baked Fries 394 Baby Carrots w/ Ranch 35/55 Baked Fries 110 Fruit 29-127 Fat Free or 1% Milk 90-120	12 <small>CAL</small> Chicken Patty^{+WG} on Bun^{WG} 341 OR Pancakes^{WG} w/ Yogurt + Cheesestick[^] 370 Grape Tomatoes w/ Ranch 9/55 Roasted Chickpeas 160 Fruit 29-127 Fat Free or 1% Milk 90-120	13 <small>CAL</small> Spaghetti + Meatballs~ + Roll^{WG} 425/70 OR Pulled Turkey BBQ+ w/ Cornbread Bowl^{WG} 360 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120	14 <small>CAL</small> Taco~ w/ Corn + Edamame + Scoops^{WG} 346 OR Chik'n Nuggets^v w/ Corn + Roll^{WG} 265 Salsa 25 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120	15 <small>CAL</small> Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺⁻ 320-365 OR Potato Crisp Fish on Bun^{^WG} 360 Celery + Assorted Vegetables w/ Ranch 23/55 Fruit 29-127 Fat Free or 1% Milk 90-120
18 <small>CAL</small> Chicken Nuggets^{+WG} w/ Cheesy Spinach + Roll^{WG} 401/70 OR Teriyaki Meatballs~ w/ Veggie Rice^{WG} + Roll^{WG} 370 Baby Carrots + Grape Tomatoes w/ Ranch 44/55 Fruit 29-127 Fat Free or 1% Milk 90-120	19 <small>CAL</small> French Toast Sticks^{WG} w/ Sausage[*] 346 OR Cheese Crunchers^{^WG} w/ Broccoli 440 Celery w/ Ranch 3/55 Roasted Chickpeas 160 Fruit 29-127 Fat Free or 1% Milk 90-120	20 <small>CAL</small> Hot Dog⁺ on Bun^{WG} w/ Baked Fries 422 OR Veggie Burger^v on Bun^{WG} w/ Crinkle Cut Potatoes 379 Baked Fries 110 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120	21 <small>CAL</small> Mini Chicken Soft Tacos^{+WG} w/ Corn 205/160 OR Yogurt[^] w/ Granola^{WG} + Strawberry Cup 180/220/90 Salsa 25 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120	22 <small>CAL</small> Personal Pizza^{WG} w/ Cheese or Pepperoni⁺⁻ 320-330 OR Spicy Chicken Patty^{^v} on Bun^{WG} 341 Cucumber Slices + Assorted Vegetables w/ Ranch 20/55 Fruit 29-127 Fat Free or 1% Milk 90-120
25 <small>CAL</small> Hamburger~ on Bun^{WG} w/ Crinkle Cut Potatoes 440 OR Grilled Cheese Sandwich^{^WG} w/ Baked Fries 394 Baby Carrots 30 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	26 <small>CAL</small> Chicken Patty^{+WG} on Bun^{WG} 341 OR Pancakes^{WG} w/ Yogurt + Cheesestick[^] 370 Grape Tomatoes w/ Ranch 9/55 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 90-120	27 <small>CAL</small> Cheese Crunchers^{^WG} w/ Marinara Sauce 336 OR Pulled Turkey BBQ⁺ w/ Cornbread Bowl^{WG} 360 Celery Sticks + Broccoli w/ Ranch 15/55 Fruit 29-127 Fat Free or 1% Milk 90-120	28 <small>CAL</small> Taco~ w/ Corn + Edamame + Scoops^{WG} 346 OR Chik'n Nuggets^v w/ Corn + Roll^{WG} 265 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120	29 <small>CAL</small> Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺⁻ 320-365 OR Potato Crisp Fish on Bun^{^WG} 360 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120

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.

For information on current hunger relief resources and emergency food providers in Montgomery County, visit the Montgomery County Food Council's Food Assistance Resource Directory at <https://mocofoodcouncil.org/foodassistance>.

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