

# OCTOBER 2021 ELEMENTARY MENU

DIVISION OF FOOD & NUTRITION SERVICES

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>~WGIW</sup></b>	<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>  <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 <a href="http://www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/">www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/</a>  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.
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>Yogurt + Oatmeal Bar<sup>^WGIW</sup></b>		
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>Turkey Ham<sup>+</sup> + Cheese on Hawaiian Bun<sup>WG</sup></b>		
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>Beef Sausage Bagel<sup>~WGIW</sup></b>		
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>Cinnamon Roll<sup>^WGIW</sup></b>		
<b>reduced</b>	<b>\$.30</b>		<b>SERVED DAILY</b>		
			Assorted Fruit/Fruit Juice 29-127 Fat Free or 1% Milk 90-120		

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

## LUNCH

<p>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 <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/foodassistance</a>.</p>				<p><b>1</b> <sup>CAL</sup>  <b>Stuffed Crust Pizza<sup>WG</sup> Cheese<sup>^</sup> or Pepperoni<sup>~</sup></b> <b>320-365</b>                      OR  <b>Potato Crisp Fish on Bun<sup>^WG</sup></b> <b>360</b>                      Tossed Salad w/ Ranch 18/55                      Fruit 29-127                      Fat Free or 1% Milk 90-120</p>
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## MARYLAND FARM TO SCHOOL WEEK

<p><b>4</b> <sup>CAL</sup>  <b>Chicken Bites<sup>+WG</sup> w/ Mac + Cheese + Roll<sup>WG</sup></b> <b>546</b>                      OR  <b>Cheesesteak<sup>~</sup> Potato Bowl + Roll<sup>WG</sup></b> <b>465</b>                      Baby Carrots w/ Ranch 30/55                      MD Broccoli w/ Ranch 15/55                      Fruit 29-127                      Fat Free or 1% Milk 90-120</p>	<p><b>5</b> <sup>CAL</sup>  <b>French Toast Sticks<sup>WG</sup> w/ Sausage<sup>+</sup></b> <b>346</b>                      OR  <b>Teriyaki Meatballs<sup>~</sup> w/ Veggie Rice<sup>WG</sup> + Roll<sup>WG</sup></b> <b>370</b>                      Roasted Chickpeas 160                      Grape Tomatoes w/ Ranch 18/55                      MD Whole Apples 77                      Fruit 29-127                      Fat Free or 1% Milk 90-120</p>	<p><b>6</b> <sup>CAL</sup>  <b>Hot Dog<sup>+</sup> on Bun<sup>WG</sup> w/ Corn</b> <b>317</b>                      OR  <b>Veggie Burger<sup>v</sup> on Bun<sup>WG</sup> w/ Crinkle Cut Potatoes</b> <b>379</b>                      Baked Fries 110                      MD Spinach Craisin Salad 64/136                      Fruit 29-127                      Fat Free or 1% Milk 90-120</p>	<p><b>7</b> <sup>CAL</sup>  <b>Chicken Drumstick<sup>+WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup></b> <b>400</b>                      OR  <b>Yogurt<sup>^</sup> w/ Granola<sup>WG</sup> + Strawberry Cup</b> <b>180/220/90</b>                      Tossed Salad w/ Ranch 18/55                      MD Cantaloupe Cubes 27                      Fruit 29-127                      Fat Free or 1% Milk 90-120</p>	<p><b>8</b> <sup>CAL</sup>  <b>Personal Pizza<sup>WG</sup> w/ Cheese or Pepperoni<sup>~</sup></b> <b>320-330</b>                      OR  <b>Spicy Chicken Patty<sup>~</sup> on Bun<sup>WG</sup></b> <b>341</b>                      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</p>
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# OCTOBER 2021 ELEMENTARY MENU

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

## 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](http://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.*

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