

# MARCH 2021 GRAB + GO MEALS

MONDAY 3/1/21		TUESDAY 3/2/21 + 3/3/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 3/4/21		FRIDAY 3/5/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY							
CAL		CAL		CAL		CAL							
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Multi Grain Cheerios<sup>^WG</sup></b>	<b>100</b>	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>Raspberry Bar<sup>^WG</sup></b>	<b>231</b>	<b>Blueberry Chex<sup>^WG</sup></b>	<b>240</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>180</b>	<b>Pancakes<sup>^WG</sup></b>	<b>210-220</b>	
Orange Juice	60	Orange Juice	60		130/70	Orange Juice	60	Orange Juice	60	Orange Juice	60	Orange Juice	60
Milk	90-120	Milk	90-120	Orange Juice	60	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120
				Milk	90-120								
<b>LUNCH</b>													
<b>Cheese or Meateater's Pizza<sup>^~*WG</sup></b>	<b>236/349</b>	<b>Turkey Carnitas<sup>+</sup> w/ Corn + Scoops<sup>WG</sup></b>	<b>310</b>	<b>Chicken Nuggets<sup>+WG</sup> w/ Cheesy Spinach</b>	<b>401</b>	<b>Thai Sweet Chili Chicken<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b>	<b>301</b>	<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b>	<b>631</b>	<b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup> w/ Ranchero Beans</b>	<b>302</b>	<b>Cheese Cavatappi<sup>WG^</sup> OR Manager's Choice</b>	<b>428</b>
Baby Carrots	35	Craisins	110	Fresh Fruit	30-96	Broccoli w/ Ranch	3/55	OR Cheese Croissant Sandwich <sup>WG</sup>	330	OR Manager's Choice		Marinara Cup	45
Applesauce Cup	50	Milk	90-120	Milk	90-120	Mixed Fruit	68	Celery w/ Ranch	3/55	Dried Fruit Mix	120	Fruit Sorbet	77
Milk	90-120					Milk	90-120	Fresh Fruit	30-96	Milk	90-120	Milk	90-120
								Milk	90-120				
<b>SUPPER</b>													
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b>	<b>631</b>	<b>Twisted Blueberry Sticks<sup>^WG</sup> OR Cheese Sticks + Pretzel<sup>^WGIW</sup></b>	<b>380</b>	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b>	<b>180/220</b>	<b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b>	<b>320</b>						
OR				Veggie Juice	40								
<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b>	<b>280</b>		<b>118/140</b>	Strawberry Cup	90	Celery w/ Ranch	3/55						
<b>Cheese Croissant Sandwich<sup>WG</sup></b>	<b>330</b>	Baby Carrots	35	Milk	90-120	Applesauce Cup	50						
Veggie Juice	40	Fresh Fruit	30-96			Milk	90-120						
Dried Fruit Mix	120	Milk	90-120										
Milk	90-120												
<b>SNACK</b>													
<b>Snack Kit<sup>WG</sup></b>	<b>200</b>	<b>Snack Kit<sup>WG</sup></b>	<b>200</b>	<b>Cereal Bowl<sup>WG</sup></b>	<b>100</b>	<b>Grahams<sup>WG</sup></b>	<b>120</b>						
				Milk	90-120	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>pv</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.**

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# MARCH 2021 GRAB + GO MEALS

MONDAY 3/8/21		TUESDAY 3/9/21 + 3/10/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 3/11/21		FRIDAY 3/12/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL	
<b>BREAKFAST</b>							
<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Multi Grain Cheerios<sup>^WG</sup></b> 100	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70	<b>Raspberry Bar<sup>^WG</sup></b> 231	<b>Blueberry Chex<sup>^WG</sup></b> 240	<b>Beef Sausage<sup>-</sup> + Cheese</b>	<b>Pancakes<sup>^WG</sup></b> 210-220	
Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	<b>Mini Bagel<sup>WGIW</sup></b> 235	Orange Juice 60	
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Orange Juice 60	Milk 90-120	
<b>LUNCH</b>							
<b>Cheese or Meateater's Pizza<sup>^~*WG</sup></b> 236/349	<b>Chicken Drumstick<sup>+WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup></b> 330/70	<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	<b>Mandarin Orange Chicken<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> 290	<b>Cheese Crunchers<sup>^WG</sup> w/ Broccoli</b> 440	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270	<b>Taco<sup>-</sup> w/ Corn + Scoops<sup>WG</sup></b> 279	<b>OR Manager's Choice</b>
Baby Carrots 35	Fresh Fruit 30-96	Grape Tomatoes w/Ranch 3/55	Celery w/Ranch 3/55	Marinara Cup 45	<b>OR Manager's Choice</b>	Mixed Fruit 68	
Applesauce Cup 50	Milk 90-120	Strawberry Cup 90	Fruit Sorbet 77	Baby Carrots 35	Salsa Cup 25	Milk 90-120	
Milk 90-120		Milk 90-120	Milk 90-120	Fresh Fruit 30-96	Craisins 110		
				Milk 90-120	Milk 90-120		
<b>SUPPER</b>							
<b>Peanut Butter + Jelly Sandwich<sup>P WG</sup></b> 631	<b>Beef Sausage<sup>-</sup> + Cheese Mini Bagel<sup>WGIW</sup></b> 235	<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 227-280	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270				
<b>OR Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	Baby Carrots 35	Roasted Chickpeas 160	Grape Tomatoes w/Ranch 3/55				
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	Applesauce Cup 50	Fresh Fruit 30-96	Dried Fruit Mix 120				
Veggie Juice 40	Milk 90-120	Milk 90-120	Milk 90-120				
Craisins 110							
Milk 90-120							
<b>SNACK</b>							
<b>Snack Kit<sup>WG</sup></b> 200	<b>Snack Kit<sup>WG</sup></b> 200	<b>Cereal Bowl<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120				
		Milk 90-120	Milk 90-120				

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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>pv</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

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# MARCH 2021 GRAB + GO MEALS

MONDAY 3/15/21		TUESDAY 3/16/21 + 3/17/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 3/16/21		FRIDAY 3/19/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL	
<b>BREAKFAST</b>							
<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Multi Grain Cheerios<sup>^WG</sup></b> 100	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70	<b>Raspberry Bar<sup>^WG</sup></b> 231	<b>Blueberry Chex<sup>^WG</sup></b> 240	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b> 180	<b>Pancakes<sup>^WG</sup></b> 210-220	
Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	
<b>LUNCH</b>							
<b>Cheese or Meateater's Pizza<sup>^~*WG</sup></b> 236/349	<b>Buffalo Chicken Queso<sup>+</sup> w/ Seasoned Potatoes, Peppers + Onions + Scoops<sup>WG</sup></b> 440	<b>Meatball Sub<sup>-WG</sup> w/ Green Beans</b> 272	<b>Chicken Nuggets<sup>*WG</sup> w/ Cheesy Spinach</b> 401	<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631	<b>Hamburger<sup>~</sup> on Bun<sup>WG</sup> w/ Baked Fries</b> 429	<b>Cheese Cavatappi<sup>WG^</sup> OR Manager's Choice</b> 428	
Baby Carrots 35	Salsa Cup 25	Marinara Cup 45	Dried Fruit Mix xx	OR Cheese Croissant Sandwich <sup>WG</sup> 330	OR Manager's Choice	Marinara Cup 45	
Applesauce Cup 50	Fresh Fruit 30-96	Mixed Fruit 68	Milk 90-120	Celery w/Ranch 3/55	Fruit Sorbet 77	Craisins 110	
Milk 90-120	Milk 90-120	Milk 90-120		Fresh Fruit 30-96	Milk 90-120	Milk 90-120	
<b>SUPPER</b>							
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 227-280	<b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b> 320				
<b>OR Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	Roasted Chickpeas 160	Grape Tomatoes w/Ranch 3/55	Baby Carrots 35				
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	Strawberry Cup 90	Fresh Fruit 30-96	Applesauce Cup 50				
Veggie Juice 40	Milk 90-120	Milk 90-120	Milk 90-120				
Dried Fruit Mix 120							
Milk 90-120							
<b>SNACK</b>							
<b>Snack Kit<sup>WG</sup></b> 200	<b>Snack Kit<sup>WG</sup></b> 200	<b>Cereal Bowl<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120				
		Milk 90-120	Milk 90-120				

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**ALTERNATES**  
 Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pv</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

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# MARCH 2021 GRAB + GO MEALS

MONDAY 3/22/21		TUESDAY 3/23/21 + 3/24/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 3/25/21		FRIDAY 3/26/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL	
<b>BREAKFAST</b>							
<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Multi Grain Cheerios<sup>^WG</sup></b> 100	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70	<b>Raspberry Bar<sup>^WG</sup></b> 231	<b>Blueberry Chex<sup>^WG</sup></b> 240	<b>Beef Sausage<sup>-</sup> + Cheese Mini Bagel<sup>WG IW</sup></b> 235	<b>Pancakes<sup>^WG</sup></b> 210-220	
Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	
<b>LUNCH</b>							
<b>Cheese or Meateater's Pizza<sup>^~*WG</sup></b> 236/349	<b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup> w/ Ranchero Beans</b> 302	<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	<b>Mandarin Orange Chicken<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> 290	<b>Cheese Crunchers<sup>^WG</sup> w/ Broccoli</b> 440	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270	<b>Taco<sup>-</sup> w/ Corn + Scoops<sup>WG</sup></b> 279	<b>OR Manager's Choice</b>
Baby Carrots 35	Fresh Fruit 30-96	Salsa Cup 25	Broccoli w/ Ranch 8/55	Grape Tomatoes w/ Ranch 8/55	Marinara Cup 45	Roasted Chickpeas 160	
Applesauce Cup 50	Milk 90-120	Mixed Fruit 68	Strawberry Cup 90	Fresh Fruit 30-96	Dried Fruit Mix 120	Fruit Sorbet 77	
Milk 90-120		Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	
<b>SUPPER</b>							
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270	<b>Cheese Sticks<sup>^</sup> + Pretzel<sup>WG</sup></b> 259				
<b>OR Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	Roasted Chickpeas 160	Baby Carrots 35	Veggie Juice 40				
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	Veggie Juice 40	Fresh Fruit 30-96	Applesauce Cup 50				
Veggie Juice 40	Strawberry Cup 90	Milk 90-120	Milk 90-120				
Craisins 110	Milk 90-120						
Milk 90-120							
<b>SNACK</b>							
<b>Snack Kit<sup>WG</sup></b> 200	<b>Snack Kit<sup>WG</sup></b> 200	<b>Cereal Bowl<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120				
		Milk 90-120	Milk 90-120				

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