

# APRIL ELEMENTARY 2021 MEALS

| MONDAY<br>4/5/21 |   | TUESDAY<br>4/6/21 + 4/7/21 ALL SITES CLOSED ON WEDNESDAY |  | THURSDAY<br>4/8/21                  |   | FRIDAY<br>4/9/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |                       |                         |  |                                    |  |        |
|------------------|---|--|--|-------------------------------------|---|--|-----------------------|-------------------------|--|------------------------------------|--|--------|
| CAL              |   | CAL  |  | CAL                                 |   | CAL  |                       |                         |  |                                    |  |        |
| <b>BREAKFAST</b> |   |  |  |                                     |   |  |                       |                         |  |                                    |  |        |
| NO SCHOOL        | Raspberry Bar <sup>^WG</sup>                          | 231  | Bagel <sup>WG</sup> w/ Cream Cheese <sup>^</sup> | Multi Grain Cheerios <sup>^WG</sup> | 100   | Cinnamon Roll <sup>^WG</sup>                               | 232                   | Pancakes <sup>^WG</sup> | 210-220  | Egg + Cheese Wrap <sup>^WGIW</sup> | 180  |        |
|                  | Orange Juice  | 60   |  | 130/70                              | Orange Juice  | 60   | Orange Juice          | 60                      | Orange Juice   | 60                                 | Orange Juice   | 60     |
|                  | Milk  | 90-120   | Orange Juice                                     | 60                                  | Milk  | 90-120   | Milk                  | 90-120                  | Milk   | 90-120                             | Milk   | 90-120 |
| <b>LUNCH</b>     |   |  |  |                                     |   |  |                       |                         |  |                                    |  |        |
| NO SCHOOL        | Turkey <sup>+</sup> + Cheese Sandwich <sup>WGIW</sup> | 236-270  | Yogurt <sup>^</sup> + Grahams <sup>WG</sup>      | 180/120                             | Chicken Ham <sup>+</sup> + Cheese Croissant <sup>WG</sup> | 340  | Pizza DIY Dipper Pack | 499                     | Rotini Pasta <sup>WG</sup> + Meat Sauce <sup>~</sup> | 359                                | Chicken Drumstick <sup>^WG</sup> w/ Baked Fries + Roll <sup>WG</sup> | 330/70 |
|                  | Salsa Cup   | 25   | Roasted Chickpeas                                | 160                                 | Baby Carrots  | 35   | Sliced Apples         | 30                      | Veggie Juice   | 40                                 | Fruit Sorbet   | 77     |
|                  | Scoops <sup>WG</sup>                                  | 110  | Blueberry Cup                                    | 40                                  | Dried Fruit Mix   | 120  | Milk                  | 90-120                  | Craisins   | 110                                | Milk   | 90-120 |
|                  | Peaches   | 53   | Milk   | 90-120                              | Milk  | 90-120   |                       |                         | Milk   | 90-120                             |  |        |
|                  | Milk  | 90-120   |  |                                     |   |  |                       |                         |  |                                    |  |        |
| <b>SUPPER</b>    |   |  |  |                                     |   |  |                       |                         |  |                                    |  |        |
| NO SCHOOL        | Twisted Blueberry Sticks <sup>^WG</sup>               | 380  | Peanut Butter + Jelly Sandwich <sup>P WG</sup>   | 631                                 | Hummus Cups <sup>^</sup> w/ Cheese Crackers <sup>WG</sup> | 320  |                       |                         |  |                                    |  |        |
|                  | OR  |  | OR   |                                     | Baby Carrots  | 35   |                       |                         |  |                                    |  |        |
|                  | Cheese Sticks + Pretzel <sup>^WGIW</sup>              | 118/140  | Grilled Cheese Sandwich <sup>^WGIW</sup>         | 280                                 | Peaches   | 53   |                       |                         |  |                                    |  |        |
|                  | Baby Carrots  | 35   | Cheese Croissant Sandwich <sup>WG</sup>          | 330                                 | Milk  | 90-120   |                       |                         |  |                                    |  |        |
|                  | Fresh Fruit   | 30-96  | Veggie Juice                                     | 40                                  |   |  |                       |                         |  |                                    |  |        |
| Milk             | 90-120  | Craisins   | 110  |                                     |   |  |                       |                         |  |                                    |  |        |
|                  |   | Milk   | 90-120   |                                     |   |  |                       |                         |  |                                    |  |        |
| <b>SNACK</b>     |   |  |  |                                     |   |  |                       |                         |  |                                    |  |        |
| NO SCHOOL        | Snack Kit <sup>WG</sup>                               | 200  | Cereal Bowl <sup>WG</sup>                        | 100                                 | Grahams <sup>WG</sup>                                     | 120  |                       |                         |  |                                    |  |        |
|                  |   |  | 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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# APRIL ELEMENTARY 2021 MEALS

| MONDAY<br>4/12/21  |  | TUESDAY<br>4/13/21 + 4/14/21 ALL SITES CLOSED ON WEDNESDAY      |  | THURSDAY<br>4/15/21 |  | FRIDAY<br>4/16/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |  |
|--|--|---|--|---------------------|--|---|--|
| CAL  |  | CAL   |  | CAL                 |  | CAL   |  |
| <b>BREAKFAST</b>   |  |   |  |                     |  |   |  |
| <b>Cinnamon Roll<sup>^WG</sup></b> 232                             | <b>Raspberry Bar<sup>^WG</sup></b> 231                                 | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70    | <b>Multi Grain Cheerios<sup>^WG</sup></b> 100                      | NO SCHOOL           |  | <b>Pancakes<sup>^WG</sup></b> 210-220                       | <b>Beef Sausage<sup>~</sup> + Cheese Mini Bagel<sup>WGIW</sup></b> 235 |
| 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  |
| <b>LUNCH</b>   |  |   |  |                     |  |   |  |
| <b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 280 | <b>Yogurt<sup>^</sup> + Grahams<sup>WG</sup></b> 180/120               | <b>Cheese Stick + Hummus w/ Pretzel<sup>^WGIW</sup></b> 169/140 | <b>Chicken Salad<sup>+</sup> Sandwich<sup>WG</sup></b> 442         | NO SCHOOL           |  | <b>Cheese Cavatappi<sup>WG^</sup></b> 428                   | <b>Hamburger<sup>~</sup> on Bun<sup>WG</sup> w/ Baked Fries</b> 429    |
| Scoops <sup>WG</sup> 110   | Roasted Chickpeas 160  | Baby Carrots 35   | Dried Fruit Mix 120  |                     |  | Marinara Cup 45   | Craisins 110   |
| Salsa Cup 25   | Mixed Fruit 68   | Sliced Apples 30  | Milk 90-120  |                     |  | Fruit Sorbet 77   | Milk 90-120  |
| Peaches 53   | 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>Beef Sausage<sup>~</sup> + Cheese Mini Bagel<sup>WGIW</sup></b> 235 | <b>Pizza<sup>^WGIW</sup></b> 359                                | <b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270 |                     |  |   |  |
| <b>OR</b>  |  | Marinara Cup 45   | Baby Carrots 35  |                     |  |   |  |
| <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280                 | Baby Carrots 35  | Fresh Fruit 30-96   | Dried Fruit Mix 120  |                     |  |   |  |
| <b>Cheese Croissant Sandwich<sup>WG</sup></b> 330                  | Mixed Fruit 68   | Milk 90-120   | Milk 90-120  |                     |  |   |  |
| Veggie Juice 40  | 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  |                     |  |   |  |

**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

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# APRIL ELEMENTARY 2021 MEALS

| MONDAY<br>4/19/21  |  | TUESDAY<br>4/20/21 + 4/21/21 ALL SITES CLOSED ON WEDNESDAY              |  | THURSDAY<br>4/22/21                    |  | FRIDAY<br>4/23/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |  |     |  |
|--|--|---|--|--|--|---|--|-----|--|
| CAL  |  | CAL   |  | CAL                                    |  | CAL   |  | CAL |  |
| <b>BREAKFAST</b>   |  |   |  |  |  |   |  |     |  |
| <b>Cinnamon Roll<sup>^WG</sup></b> 232                             | <b>Raspberry Bar<sup>^WG</sup></b> 231                   | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70            | <b>Multi Grain Cheerios<sup>^WG</sup></b> 100                      | <b>Cinnamon Roll<sup>^WG</sup></b> 232 | <b>Pancakes<sup>^WG</sup></b> 210-220  | <b>Egg + Cheese Wrap<sup>^WGIW</sup></b> 180                |  |     |  |
| 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>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270 | <b>Yogurt<sup>^</sup> + Grahams<sup>WG</sup></b> 180/120 | <b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 342              | <b>Chicken Ham<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 340 | <b>Pizza DIY Dipper Pack</b> 499       | <b>Chicken Drumstick<sup>+WG</sup> w/ Baked Fries + Roll<sup>WG</sup></b> 330/70 | <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280          |  |     |  |
| Scoops <sup>WG</sup> 110   | Roasted Chickpeas 160                                    | Hummus Cup 110  | Baby Carrots 35  | Sliced Apples 30                       | Milk 90-120  | Marinara Cup 45   |  |     |  |
| Salsa Cup 25   | Mixed Fruit 68   | Sliced Apples 30  | Dried Fruit Mix 120  | Milk 90-120                            | Craisins 110   | Fruit Sorbet 77   |  |     |  |
| Peaches 53   | 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>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280       | <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</b>  | Marinara Cup 45  | Veggie Juice 40   | Baby Carrots 35  |  |  |   |  |     |  |
| <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280                 | Mixed Fruit 68   | Fresh Fruit 30-96   | Peaches 53   |  |  |   |  |     |  |
| <b>Cheese Croissant Sandwich<sup>WG</sup></b> 330                  | Milk 90-120  | Milk 90-120   | Milk 90-120  |  |  |   |  |     |  |
| Veggie Juice 40  |  |   |  |  |  |   |  |     |  |
| 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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 ^ 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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# APRIL ELEMENTARY 2021 MEALS

| MONDAY<br>4/26/21  |  | TUESDAY<br>4/27/21 + 4/28/21 ALL SITES CLOSED ON WEDNESDAY         |  | THURSDAY<br>4/29/21  |   | FRIDAY<br>4/30/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY            |  |  |
|--|--|--|--|--|---|--|--|--|
| CAL  |  | CAL  |  | CAL  |   | CAL  |  |  |
| <b>BREAKFAST</b>   |  |  |  |  |   |  |  |  |
| <b>Cinnamon Roll<sup>^WG</sup></b> 232                             | <b>Raspberry Bar<sup>^WG</sup></b> 231                   | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70       | <b>Multi Grain Cheerios<sup>^WG</sup></b> 100              | <b>Cinnamon Roll<sup>^WG</sup></b> 232                     | <b>Pancakes<sup>^WG</sup></b> 210-220     | <b>Beef Sausage<sup>~</sup> + Cheese Mini Bagel<sup>WGIW</sup></b> 235 |  |  |
| 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>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270 | <b>Yogurt<sup>^</sup> + Grahams<sup>WG</sup></b> 180/120 | <b>Cheese Stick + Hummus w/ Pretzel<sup>^WGIW</sup></b> 169/140    | <b>Chicken Salad<sup>+</sup> Sandwich<sup>WG</sup></b> 442 | <b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 342 | <b>Cheese Cavatappi<sup>WG^</sup></b> 428 | <b>Mandarin Orange<sup>+</sup> + Veggie Rice<sup>WG</sup></b> 290      |  |  |
| Scoops <sup>WG</sup> 110   | Roasted Chickpeas 160                                    | Baby Carrots 35  | Dried Fruit Mix 120  | Veggie Juice 40  | Marinara Cup 45                           | Baby Carrots 35  |  |  |
| Salsa Cup 25   | Mixed Fruit 68   | Sliced Apples 35   | Milk 90-120  | Sliced Apples 35   | Fruit Sorbet 77                           | Craisins 110   |  |  |
| Peaches 53   | 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>Twisted Blueberry Sticks<sup>^WG</sup></b> 380        | <b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270 | <b>Pizza<sup>^WGIW</sup></b> 359                           |  |   |  |  |  |
| <b>OR</b>  | <b>OR</b>  |  | Marinara Cup 45  |  |   |  |  |  |
| <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280                 | <b>Cheese Sticks + Pretzel<sup>^WGIW</sup></b> 118/140   | Baby Carrots 35  | Mixed Fruit 68   |  |   |  |  |  |
| <b>Cheese Croissant Sandwich<sup>WG</sup></b> 330                  | Veggie Juice 40  | Fresh Fruit 30-96  | Milk 90-120  |  |   |  |  |  |
| Baby Carrots 35  | Peaches 53   | 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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