

APRIL ELEMENTARY 2021 GRAB + GO MEALS

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

Menu subject to change due to product supply.

This institution is an equal opportunity provider.

APRIL ELEMENTARY 2021 GRAB + GO MEALS

MONDAY 4/12/21		TUESDAY 4/13/21 + 4/14/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 4/15/21		FRIDAY 4/16/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL	
BREAKFAST							
Cinnamon Roll^{^WG} 232	Raspberry Bar^{^WG} 231	Bagel^{WG} w/ Cream Cheese[^] 130/70	Multi Grain Cheerios^{^WG} 100	NO SCHOOL		Pancakes^{^WG} 210-220	Beef Sausage[~] + Cheese Mini Bagel^{WGIW} 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
LUNCH							
Turkey Ham⁺ + Cheese Sandwich^{WGIW} 280	Yogurt[^] + Grahams^{WG} 180/120	Cheese Stick + Hummus w/ Pretzel^{^WGIW} 169/140	Chicken Salad⁺ Sandwich^{WG} 442	NO SCHOOL		Cheese Cavatappi^{WG^} 428	Hamburger[~] on Bun^{WG} w/ Baked Fries 429
Scoops ^{WG} 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							
SUPPER							
Peanut Butter + Jelly Sandwich^{P WG} 631	Beef Sausage[~] + Cheese Mini Bagel^{WGIW} 235	Pizza^{^WGIW} 359	Turkey⁺ + Cheese Sandwich^{WGIW} 236-270				
OR		Marinara Cup 45	Baby Carrots 35				
Grilled Cheese Sandwich^{^WGIW} 280	Baby Carrots 35	Fresh Fruit 30-96	Dried Fruit Mix 120				
Cheese Croissant Sandwich^{WG} 330	Mixed Fruit 68	Milk 90-120	Milk 90-120				
Veggie Juice 40	Milk 90-120						
Craisins 110							
Milk 90-120							
SNACK							
Snack Kit^{WG} 200	Snack Kit^{WG} 200	Cereal Bowl^{WG} 100	Grahams^{WG} 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^{pv} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu subject to change due to product supply.

This institution is an equal opportunity provider.

APRIL ELEMENTARY 2021 GRAB + GO MEALS

MONDAY 4/19/21		TUESDAY 4/20/21 + 4/21/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 4/22/21		FRIDAY 4/23/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY			
CAL		CAL		CAL		CAL		CAL	
BREAKFAST									
Cinnamon Roll^{^WG} 232	Raspberry Bar^{^WG} 231	Bagel^{WG} w/ Cream Cheese[^] 130/70	Multi Grain Cheerios^{^WG} 100	Cinnamon Roll^{^WG} 232	Pancakes^{^WG} 210-220	Egg + Cheese Wrap^{^WGIW} 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			
LUNCH									
Turkey⁺ + Cheese Sandwich^{WGIW} 236-270	Yogurt[^] + Grahams^{WG} 180/120	Chicken Patty⁺ Sandwich^{WG} 342	Chicken Ham⁺ + Cheese Croissant^{WG} 340	Pizza DIY Dipper Pack 499	Chicken Drumstick^{+WG} w/ Baked Fries + Roll^{WG} 330/70	Grilled Cheese Sandwich^{^WGIW} 280			
Scoops ^{WG} 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									
SUPPER									
Peanut Butter + Jelly Sandwich^{p WG} 631	Grilled Cheese Sandwich^{^WGIW} 280	Turkey Ham⁺ + Cheese Sandwich^{WG IW} 227-280	Hummus Cups[^] w/ Cheese Crackers^{WG} 320						
OR	Marinara Cup 45	Veggie Juice 40	Baby Carrots 35						
Grilled Cheese Sandwich^{^WGIW} 280	Mixed Fruit 68	Fresh Fruit 30-96	Peaches 53						
Cheese Croissant Sandwich^{WG} 330	Milk 90-120	Milk 90-120	Milk 90-120						
Veggie Juice 40									
Dried Fruit Mix 120									
Milk 90-120									
SNACK									
Snack Kit^{WG} 200	Snack Kit^{WG} 200	Cereal Bowl^{WG} 100	Grahams^{WG} 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^{pv} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu subject to change due to product supply.

This institution is an equal opportunity provider.

APRIL ELEMENTARY 2021 GRAB + GO MEALS

MONDAY 4/26/21		TUESDAY 4/27/21 + 4/28/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 4/29/21		FRIDAY 4/30/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY							
CAL		CAL		CAL		CAL							
BREAKFAST													
Cinnamon Roll^{^WG}	232	Raspberry Bar^{^WG}	231	Bagel^{WG} w/ Cream Cheese[^]	Multi Grain Cheerios^{^WG}	100	Cinnamon Roll^{^WG}	232	Pancakes^{^WG}	210-220	Beef Sausage[~] + Cheese		
Orange Juice	60	Orange Juice	60	130/70	Orange Juice	60	Orange Juice	60	Orange Juice	60	Mini Bagel^{WG}	235	
Milk	90-120	Milk	90-120	Orange Juice	Milk	90-120	Milk	90-120	Milk	90-120	Orange Juice	60	
				Milk							Milk	90-120	
LUNCH													
Turkey⁺ + Cheese Sandwich^{WG}	236-270	Yogurt[^] + Grahams^{WG}	180/120	Cheese Stick + Hummus w/ Pretzel^{^WG}	169/140	Chicken Salad⁺ Sandwich^{WG}	442	Chicken Patty⁺ Sandwich^{WG}	342	Cheese Cavatappi^{WG^}	428	Mandarin Orange⁺ w/ Veggie Rice^{WG}	290
Scoops ^{WG}	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												
SUPPER													
Peanut Butter + Jelly Sandwich^{p WG}	631	Twisted Blueberry Sticks^{^WG}	380	Turkey⁺ + Cheese Sandwich^{WG}	236-270	Pizza^{^WG}	359						
OR		OR				Marinara Cup	45						
Grilled Cheese Sandwich^{^WG}	280	Cheese Sticks + Pretzel^{^WG}	118/140	Baby Carrots	35	Mixed Fruit	68						
Cheese Croissant Sandwich^{WG}	330			Fresh Fruit	30-96	Milk	90-120						
Baby Carrots	35	Veggie Juice	40	Milk	90-120								
Craisins	110	Peaches	53										
Milk	90-120	Milk	90-120										
SNACK													
Snack Kit^{WG}	200	Snack Kit^{WG}	200	Cereal Bowl^{WG}	100	Grahams^{WG}	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^{pv} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu subject to change due to product supply.
 This institution is an equal opportunity provider.