

# APRIL SECONDARY 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						
<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	Chicken Patty <sup>+</sup> Sandwich <sup>WG</sup>	340	Yogurt <sup>^</sup> + Granola <sup>WG</sup>	180/220	Turkey <sup>+</sup> + Cheese Sandwich <sup>WGIW</sup>	236-270	Pizza DIY Dipper Pack	499	Cheese Cavatappi <sup>WG^</sup>	428	Chicken Drumstick <sup>^WG</sup>	
	Hummus Cup	110	Veggie Juice	40	Salsa Cup	25	Sliced Apples	30	Roasted Chickpeas	160	w/ Baked Fries + Roll <sup>WG</sup>	330/70
	Peaches	53	Blueberry Cup	40	Scoops <sup>WG</sup>	110	Milk	90-120	Craisins	110	Fruit Sorbet	77
	Milk	90-120	Milk	90-120	Craisins	110			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 SECONDARY 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	
<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>Spicy Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 340	<b>Turkey<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 331	<b>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> 575	NO SCHOOL		<b>Rotini Pasta<sup>WG</sup> + Meat Sauce<sup>~</sup></b> 359	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270
Roasted Chickpeas 160	Hummus Cup 110	Scoops <sup>WG</sup> 110	Applesauce Cup 50			Veggie Juice 40	Scoops <sup>WG</sup> 110
Mixed Fruit 68	Sliced Apples 30	Salsa Cup 25	Milk 90-120			Fruit Sorbet 77	Salsa Cup 25
Milk 90-120	Milk 90-120	Dried Fruit Mix 120				Milk 90-120	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>Pizza<sup>^WGIW</sup></b> 336	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270				
<b>OR</b>	Baby Carrots 35	Marinara Cup 45	Baby Carrots 35				
<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	Mixed Fruit 68	Fresh Fruit 30-96	Dried Fruit Mix 120				
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	Milk 90-120	Milk 90-120	Milk 90-120				
Veggie Juice 40							
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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# APRIL SECONDARY 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	
<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 Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 280	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 340	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270	<b>Pizza DIY Dipper Pack</b> 499	<b>Cheese Cavatappi<sup>WG^</sup></b> 428	<b>Chicken Drumstick<sup>^WG</sup> w/ Baked Fries + Roll<sup>WG</sup></b> 330/70			
Roasted Chickpeas 160	Hummus Cup 110	Veggie Juice 40	Salsa Cup 25	Sliced Apples 30	Roasted Chickpeas 160	Fruit Sorbet 77			
Applesauce Cup 50	Sliced Apples 30	Blueberry Cup 40	Scoops <sup>WG</sup> 110	Milk 90-120	Craisins 110	Milk 90-120			
Milk 90-120	Milk 90-120	Milk 90-120	Craisins 110		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	Peaches 53	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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### 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 SECONDARY 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			
<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			Milk 90-120
<b>LUNCH</b>									
<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 280	<b>Spicy Chicken Patty<sup>*</sup> Sandwich<sup>WG</sup></b> 340	<b>Turkey<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 331	<b>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> 575	<b>Protein Pack<sup>^WG</sup></b> 392	<b>Pizza<sup>^WGIW</sup></b> 336	<b>Mandarin Orange Chicken Bowl<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> 430			
Roasted Chickpeas 160	Hummus Cup 110	Scoops <sup>WG</sup> 110	Applesauce Cup 50	Baby Carrots 35	Marinara Cup 45	Broccoli 8			
Mixed Fruit 68	Sliced Apples 30	Salsa Cup 25	Milk 90-120	Sliced Apples 30	Fruit Sorbet 77	Peaches 53			
Milk 90-120	Milk 90-120	Dried Fruit Mix 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> 336						
<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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## 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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