

# MAY SECONDARY 2021 MEALS

MONDAY 5/3/21		TUESDAY 5/4/21 + 5/6/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 5/7/21		FRIDAY 5/8/21 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>Egg + Cheese Wrap<sup>^WGIW</sup></b> 180	
Orange Juice 60	Apple Juice 60	Apple Juice 60	Apple Juice 60	Orange Juice 60	Apple 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	
<b>LUNCH</b>							
<b>Chicken Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 350	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 340	<b>Cheese Cavatappi<sup>WG^</sup></b> 428	<b>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> 575	<b>Turkey<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 331	<b>Meatball Sub<sup>~WG</sup></b> 337	<b>Chicken Drumstick<sup>^WG</sup></b> w/ Baked Fries 330	
<b>OR</b>	Celery w/ Ranch 2/55	Veggie Juice 40	<b>OR</b>	<b>OR</b>	<b>OR</b>		
<b>Hamburger<sup>~</sup> on Bun<sup>WG</sup></b> 319	Peaches 53	Sliced Apples 30	<b>Mandarin Orange Chicken Bowl<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> 430	<b>Pizza<sup>^WGIW</sup></b> 336	<b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b> 260	Cookie <sup>WG</sup> 194	
<b>OR</b>	Milk 90-120	Milk 90-120	Roasted Chickpeas 160	Baby Carrots 35	Marinara Cup 45	Raisins 127	
<b>Cheeseburger<sup>~</sup> on Bun<sup>WG</sup></b> 337			Fruit Sorbet 77	Fresh Fruit 30-96	Mixed Fruit 68	Milk 90-120	
Grape Tomatoes w/ Ranch 9/55			Milk 90-120	Milk 90-120	Milk 90-120		
Applesauce Cup 50							
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 Ham<sup>+</sup> + Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 222	<b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b> 320				
<b>OR</b>	<b>OR</b>						
<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	<b>Cheese Sticks + Pretzel<sup>^WGIW</sup></b> 118/140	Roasted Chickpeas 160	Baby Carrots 35				
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	Baby Carrots 35	Raisins 127	Peaches 53				
Veggie Juice 40	Fresh Fruit 30-96	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>Cheese Crackers<sup>WG</sup></b> 100	<b>Cereal Bowl<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120				
	Capri Sun Juice 80	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 subject to change due to product supply.**

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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# MAY SECONDARY 2021 MEALS

MONDAY 5/10/21		TUESDAY 5/11/21 + 5/12/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 5/13/21		FRIDAY 5/14/21 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	NO SCHOOL	<b>Multi Grain Cheerios<sup>WG</sup></b> 100	<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<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 331	<b>Spicy Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 340	<b>Protein Pack<sup>WG</sup></b> 392	NO SCHOOL	<b>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> 575	<b>Nachos<sup>~</sup> w/ Cheese Sauce</b> 364	<b>Cheese Crunchers<sup>WG</sup></b> 420	
<b>OR</b>		<b>OR</b>		<b>OR</b>	Scoops <sup>WG</sup> 110	Marinara Cup 45	
<b>Chik'n Nuggets w/ Roll<sup>WG</sup></b> 333	Celery w/ Ranch 2/55	<b>Pizza<sup>WGIW</sup></b> 336		<b>Thai Sweet Chili Chicken<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> 378	Corn 66	Craisins 110	
Scoops <sup>WG</sup> 110	Fruit Sorbet 77	Baby Carrots 35		<b>w/ Veggie Rice<sup>WG</sup></b> 378	Peaches 53	Milk 90-120	
<b>OR</b>	Milk 90-120	Sliced Apples 30		Veggie Juice 40	Milk 90-120		
Cookie <sup>WG</sup> 194		Milk 90-120		Fresh Fruit 30-96			
Salsa Cup 25				Milk 90-120			
Mixed Fruit 68							
Milk 90-120							
<b>SUPPER</b>							
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631	<b>Turkey Ham<sup>+</sup> + Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 222	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	NO SCHOOL				
<b>OR</b>		Veggie Juice 40					
<b>Grilled Cheese Sandwich<sup>WGIW</sup></b> 280	Roasted Chickpeas 160	Fresh Fruit 30-96					
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	Mixed Fruit 68	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				

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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

**Menu subject to change due to product supply.**

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# MAY SECONDARY 2021 MEALS

MONDAY 5/17/21		TUESDAY 5/18/21 + 5/19/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 5/20/21		FRIDAY 5/21/21 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	Apple Juice 60	Apple Juice 60	Apple Juice 60	Orange Juice 60	Apple 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>Chicken Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 350	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 340	<b>Cheese Cavatappi<sup>WG^</sup></b> 428	<b>Ranch Chicken<sup>+</sup> Bowl<sup>IWG</sup></b> 575	<b>Protein Pack<sup>^WG</sup></b> 392	<b>Meatball Sub<sup>~WG</sup></b> 337	<b>Chicken Drumstick<sup>^WG</sup></b> 330			
<b>OR</b>	Celery w/ Ranch 2/55	Marinara Cup 45	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>w/ Baked Fries</b> 330			
<b>Hamburger<sup>~</sup> on Bun<sup>WG</sup></b> 319	Sliced Apples 30	Peaches 53	<b>Thai Sweet Chili Chicken<sup>+</sup></b>	<b>Pizza<sup>^WGIW</sup></b> 336	<b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b> 260	<b>Cookie<sup>WG</sup></b> 194			
<b>OR</b>	Milk 90-120	Milk 90-120	<b>w/ Veggie Rice<sup>WG</sup></b> 378	Baby Carrots 35	Marinara Cup 45	Raisins 127			
<b>Cheeseburger<sup>~</sup> on Bun<sup>WG</sup></b> 337			Veggie Juice 40	Sliced Apples 30	Mixed Fruit 68	Milk 90-120			
Grape Tomatoes w/ Ranch 9/55			Applesauce Cup 50	Milk 90-120	Milk 90-120				
Fruit Sorbet 77			Milk 90-120						
Milk 90-120									
<b>SUPPER</b>									
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631	<b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b> 320	<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 227-280	<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280						
<b>OR</b>	Baby Carrots 35	Peaches 53	Marinara Cup 4						
<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>Cereal Bowl<sup>IWG</sup></b> 100	<b>Cheese Crackers<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120						
	Milk 90-120	Capri Sun Juice 80	Milk 90-120						

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### ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pv</sup> · Bagel<sup>IWG</sup> · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks<sup>^</sup> · Soft Pretzel<sup>IWG</sup> · Veggie Juice · Fresh Fruit · Milk

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# MAY SECONDARY 2021 MEALS

MONDAY 5/24/21		TUESDAY 5/25/21 + 5/26/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 5/27/21		FRIDAY 5/28/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY			
CAL		CAL		CAL		BREAKFAST			
<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	Apple Juice 60	Apple Juice 60	Apple Juice 60	Orange Juice 60	Apple Juice 60	Orange Juice 60	Apple Juice 60	Orange Juice 60	Milk 90-120
Milk 90-120	Milk 90-120	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									
<b>Turkey<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 331	<b>Spicy Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 340	<b>Chicken<sup>+</sup> + Vegetable Dumplings<sup>WG</sup></b> 240	<b>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> 575	<b>Protein Pack<sup>^WG</sup></b> 392	<b>Nachos<sup>~</sup> w/ Cheese Sauce</b> 364	<b>Cheese Crunchers<sup>^WG</sup></b> 420			
<b>OR</b>			<b>OR</b>	<b>OR</b>	Scoops <sup>WG</sup> 110	Marinara Cup 45			
<b>Chik'n Nuggets w/ Roll<sup>WG</sup></b> 333	Celery w/ Ranch 2/55	Broccoli 15	<b>Thai Sweet Chili Chicken<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> 378	<b>Pizza<sup>^WGIW</sup></b> 336	Corn 66	Craisins 110			
Scoops <sup>WG</sup> 110	Fruit Sorbet 77	Dried Fruit Mix 120	w/ Veggie Rice <sup>WG</sup> 378	Baby Carrots 35	Peaches 53	Milk 90-120			
<b>OR</b>	Milk 90-120	Milk 90-120	Veggie Juice 40	Fresh Fruit 30-96	Milk 90-120				
Cookie <sup>WG</sup> 194			Sliced Apples 30						
Salsa Cup 25			Milk 90-120						
Milk 90-120									
SUPPER									
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631	<b>Twisted Blueberry Sticks<sup>^WG</sup></b> 380	<b>Chicken Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 350	<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									
SNACK									
<b>Snack Kit<sup>WG</sup></b> 200	<b>Scoops<sup>WG</sup></b> 110	<b>Cereal Bowl<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120						
	Capri Sun Juice 80	Milk 90-120	Milk 90-120						

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