

# APRIL 2019 ELEMENTARY MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS															
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Beef Sausage Bagel~</b>	<b>26</b>	<b>Carb Counts are for items that are highlighted only.</b> <b>Hot Packs Counts include the items “under the film” – not the bread or roll added to it.</b>  <b>Standard Grains/Bread Carb Counts:</b> Breadstick: 13    Dinner Roll: 15    Hot Dog Bun: 30    Pita Chips: 24 Croissant (long): 26    Granola Pkg: 47    Mini Flatbread: 13    Scoops: 19 Croutons: 4    Hamburger Bun: 28    Rounds: 29														
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes^</b>	<b>35</b>															
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</b>	<b>35</b>															
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>	<b>26-28</b>															
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll^</b>	<b>38</b>															
<b>reduced</b>	<b>\$.40</b>	<b>SERVED DAILY</b>																	
		Assorted Fruit/Fruit Juice Fat Free or 1% Milk																	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY											
<b>Menu Key:</b> ~Beef   Carb = Carbohydrates   ^Meatless   pPeanuts   +Poultry   *Pork   🌶️ Spicy   ^Vegan   WG = Whole Grain																			
LUNCH																			
<b>1</b>	<b>+WG Chicken Bites w/ Green Beans &amp; Carrots &amp; WG Roll</b>	<b>CARB</b>	<b>36</b>	<b>2</b>	<b>+WG Chicken Drumstick w/ Rosemary Potatoes &amp; WG Breadstick</b>	<b>CARB</b>	<b>37</b>	<b>3</b>	<b>~Cafe Burger on WG Bun w/ Corn</b>	<b>CARB</b>	<b>12</b>	<b>4</b>	<b>^WG Cheese Crunchers w/ Marinara Sauce</b>	<b>CARB</b>	<b>40</b>	<b>5</b>	<b>^Cheese or +-Pepperoni Stuffed Crust WG Pizza</b>	<b>CARB</b>	<b>31</b>
	OR				OR				OR				OR				OR		
	<b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b>		<b>50</b>		<b>^Vegetarian Chik Nuggets w/ Seasoned Potatoes &amp; WG Breadstick</b>		<b>45</b>		<b>+Turkey &amp; Cheese on WG Croissant</b>		<b>32</b>		<b>vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips &amp; Roasted Chickpeas</b>		<b>71 (54)</b>		<b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b>		<b>31</b>
	Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk				Baked Fries Broccoli Assorted Fruit Fat Free or 1% Milk				^Chili Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk				Tossed Salad w/ Ranch Dressing Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk				Green Pepper Strips Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		
<b>8</b>	<b>+Hot Dog on WG Bun w/ Mixed Vegetables</b>	<b>CARB</b>	<b>23</b>	<b>9</b>	<b>^WG Pancakes w/ Yogurt &amp; String Cheese</b>	<b>CARB</b>	<b>51</b>	<b>10</b>	<b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes &amp; WG Roll</b>	<b>CARB</b>	<b>18</b>	<b>11</b>	<b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b>	<b>CARB</b>	<b>24</b>	<b>12</b>	<b>^Cheese or +-Pepperoni Personal WG Pizza</b>	<b>CARB</b>	<b>31</b>
	OR				OR				OR				OR				OR		
	<b>^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions &amp; WG Croissant</b>		<b>26</b>		<b>~WG Spaghetti w/ Meatballs &amp; WG Breadstick</b>		<b>42</b>		<b>^WG Grilled Cheese Sandwich w/ Baked Fries</b>		<b>44</b>		<b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b>		<b>42</b>		<b>+~Spicy WG Chicken Patty Sandwich</b>		<b>9</b>
	Salsa Broccoli Assorted Fruit Fat Free or 1% Milk				Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk				Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk				+Chicken Ancient Grains Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk				Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		

# APRIL 2019 ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15</b> CARB <b>+WG Chicken Bites w/ Corn &amp; WG Roll</b> 27 <b>OR</b> <b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun</b> 31 Grape Tomatoes Baked Fries Fruit Pearls Assorted Fruit Fat Free or 1% Milk	<b>16</b> CARB <b>~Cafe Burger on WG Bun w/ Rosemary Potatoes</b> 48 <b>OR</b> <b>^Vegetarian Cheese Enchiladas</b> 31 Salsa Baby Carrots Assorted Fruit Fat Free or 1% Milk	<b>17</b> <b>NO SCHOOL SPRING BREAK</b>	<b>18</b> <b>NO SCHOOL SPRING BREAK</b>	<b>19</b> <b>NO SCHOOL SPRING BREAK</b>
<b>22</b> <b>NO SCHOOL WINTER BREAK</b>	<b>23</b> CARB <b>+Hot Dog on WG Bun w/ Mixed Vegetables</b> 12 <b>OR</b> <b>+Coconut Chicken Curry w/ WG Rice &amp; WG Roll</b> 32 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	<b>24</b> CARB <b>WG French Toast Sticks w/ Scrambled Eggs</b> 28 <b>OR</b> <b>+BBQ Pulled Turkey w/ WG Cornbread Bowl</b> 45 Grape Tomatoes Broccoli Assorted Fruit Fat Free or 1% Milk	<b>25</b> CARB <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 24 <b>OR</b> <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> 42 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>26</b> CARB <b>^Cheese or +-Pepperoni Personal WG Pizza</b> 31 <b>OR</b> <b>+Spicy WG Chicken Patty Sandwich</b> 9 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
<b>29</b> CARB <b>+WG Chicken Bites w/ Green Beans &amp; Carrots &amp; WG Roll</b> 36 <b>OR</b> <b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> 50 Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	<b>30</b> CARB <b>+WG Chicken Drumstick w/ Rosemary Potatoes &amp; WG Breadstick</b> 37 <b>OR</b> <b>^Vegetarian Chik Nuggets w/ Seasoned Potatoes &amp; WG Breadstick</b> 45 Baked Fries Broccoli Assorted Fruit Fat Free or 1% Milk			For information on current hunger relief resources and emergency food providers in Montgomery County, visit the Montgomery County Food Council's Food Assistance Resource Directory at <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/foodassistance</a> .

## PARENT INFORMATION

**MySchoolBucks.com** is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to **MySchoolBucks.com** to register.

RETURNED CHECKS ARE SUBJECT TO RECOVERY FOR THE FACE VALUE AND MARYLAND STATE ALLOWED FEE OF \$25.00 THROUGH AN ELECTRONIC DEBIT OR PAPER DRAFT TO THE SAME ACCOUNT. YOUR PAYMENT BY CHECK CONSTITUTES YOUR ACCEPTANCE OF THESE TERMS.

## A LA CARTE OPTIONS

Did you know that, in addition to healthy meals, many schools offer a la carte options? All snack foods and beverages sold are in compliance with the MCPS Wellness Regulations ([www.montgomeryschoolsmd.org/departments/policy/pdf/jpgra.pdf](http://www.montgomeryschoolsmd.org/departments/policy/pdf/jpgra.pdf)). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.

5930.19.ar · 3.19 · DFNS  
 This institution is an equal opportunity provider.

