

# APRIL 2019

DIVISION OF FOOD & NUTRITION SERVICES

MONTGOMERY COUNTY PUBLIC SCHOOLS

# PRE-K/HEADSTART 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>\$.00</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   ^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>^Vegetarian Chik Nuggets w/ Seasoned Potatoes &amp; WG Breadstick</b>	<b>CARB</b>	<b>45</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 Stuffed Crust WG Pizza</b>	<b>CARB</b>	<b>31</b>
Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk				Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk				Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk				Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk				Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup 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 Spaghetti w/ Meatballs &amp; WG Breadstick</b>	<b>CARB</b>	<b>42</b>	<b>10</b>	<b>^WG Grilled Cheese Sandwich w/ Baked Fries</b>	<b>CARB</b>	<b>44</b>	<b>11</b>	<b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b>	<b>CARB</b>	<b>24</b>	<b>12</b>	<b>^WG Cheese Personal Pizza</b>	<b>CARB</b>	<b>31</b>
Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk				Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk				Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk				Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk				Cucumber Slices Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk			

