

# APRIL ELEMENTARY 2021 GRAB + GO MEALS CARBS

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						
		CARB	CARB	BREAKFAST		CARB	CARB	CARB				
NO SCHOOL	Raspberry Bar <sup>^WG</sup>	35	Bagel <sup>WG</sup> w/ Cream Cheese <sup>^</sup>	Multi Grain Cheerios <sup>^WG</sup>	23	Cinnamon Roll <sup>^WG</sup>	38	Pancakes <sup>^WG</sup>	35	Egg + Cheese Wrap <sup>^WGIW</sup>	14	
	Orange Juice	13	25/2	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13	
	Milk	13-20	Orange Juice	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	
<b>LUNCH</b>												
NO SCHOOL	Turkey <sup>+</sup> + Cheese Sandwich <sup>WGIW</sup>	30	Yogurt <sup>^</sup> + Grahams <sup>WG</sup>	38/21	Chicken Ham <sup>+</sup> + Cheese Croissant <sup>WG</sup>	29	Pizza DIY Dipper Pack	36	Rotini Pasta <sup>WG</sup> + Meat Sauce <sup>~</sup>	29	Chicken Drumstick <sup>^WG</sup> w/ Baked Fries + Roll <sup>WG</sup>	30/26
	Salsa Cup	5	Roasted Chickpeas	24	Baby Carrots	8	Sliced Apples	7	Veggie Juice	10	Fruit Sorbet	21
	Scoops <sup>WG</sup>	19	Blueberry Cup	9	Dried Fruit Mix	30	Milk	13-20	Craisins	27	Milk	13-20
	Peaches	13	Milk	13-20	Milk	13-20			Milk	13-20		
	Milk	13-20										
<b>SUPPER</b>												
NO SCHOOL	Twisted Blueberry Sticks <sup>^WG</sup>	48	Peanut Butter + Jelly Sandwich <sup>P WG</sup>	64	Hummus Cups <sup>^</sup> w/ Cheese Crackers <sup>WG</sup>	50						
	OR		OR		Baby Carrots	8						
	Cheese Sticks + Pretzel <sup>^WGIW</sup>	2/30	Grilled Cheese Sandwich <sup>^WGIW</sup>	31	Peaches	13						
	Baby Carrots	8	Cheese Croissant Sandwich <sup>WG</sup>	30	Milk	13-20						
	Fresh Fruit	7-26	Veggie Juice	10								
Milk	13-20	Craisins	27									
		Milk	13-20									
<b>SNACK</b>												
NO SCHOOL	Snack Kit <sup>WG</sup>	43	Cereal Bowl <sup>WG</sup>	23	Grahams <sup>WG</sup>	21						
			Milk	13-20	Milk	13-20						

**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 Carb Carbohydrates IW Individually Wrapped  
 ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

## ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pw</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 ELEMENTARY 2021 GRAB + GO MEALS CARBS

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	
CARB		CARB		CARB		CARB	
<b>BREAKFAST</b>							
<b>Cinnamon Roll<sup>^WG</sup></b> 38	<b>Raspberry Bar<sup>^WG</sup></b> 35	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 25/2	<b>Multi Grain Cheerios<sup>^WG</sup></b> 23	NO SCHOOL		<b>Pancakes<sup>^WG</sup></b> 35	<b>Beef Sausage<sup>~</sup> + Cheese Mini Bagel<sup>WGIW</sup></b> 26
Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13			Orange Juice 13	Orange Juice 13
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20			Milk 13-20	Milk 13-20
<b>LUNCH</b>							
<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 29	<b>Yogurt<sup>^</sup> + Grahams<sup>WG</sup></b> 38/21	<b>Cheese Stick + Hummus w/ Pretzel<sup>^WGIW</sup></b> 25	<b>Chicken Salad<sup>+</sup> Sandwich<sup>WG</sup></b> 43	NO SCHOOL		<b>Cheese Cavatappi<sup>WG^</sup></b> 36	<b>Hamburger<sup>~</sup> on Bun<sup>WG</sup> w/ Baked Fries</b> 46
Scoops <sup>WG</sup> 19	Roasted Chickpeas 24	Baby Carrots 8	Dried Fruit Mix 30			Marinara Cup 7	Craisins 27
Salsa Cup 5	Mixed Fruit 18	Sliced Apples 7	Milk 13-20			Fruit Sorbet 21	Milk 13-20
Peaches 13	Milk 13-20	Milk 13-20				Milk 13-20	
Milk 13-20							
<b>SUPPER</b>							
<b>Peanut Butter + Jelly Sandwich<sup>P WG</sup></b> 64	<b>Beef Sausage<sup>~</sup> + Cheese Mini Bagel<sup>WGIW</sup></b> 26	<b>Pizza<sup>^WGIW</sup></b> 27	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 30				
<b>OR</b>	Baby Carrots 8	Marinara Cup 7	Baby Carrots 8				
<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 31	Mixed Fruit 18	Fresh Fruit 7-26	Dried Fruit Mix 30				
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 30	Milk 13-20	Milk 13-20	Milk 13-20				
Veggie Juice 10							
Craisins 27							
Milk 13-20							
<b>SNACK</b>							
<b>Snack Kit<sup>WG</sup></b> 43	<b>Snack Kit<sup>WG</sup></b> 43	<b>Cereal Bowl<sup>WG</sup></b> 23	<b>Grahams<sup>WG</sup></b> 21				
		Milk 13-20	Milk 13-20				

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Menu Key: ~ Beef Carb Carbohydrates IW Individually Wrapped  
 ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

**ALTERNATES**

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pw</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 ELEMENTARY 2021 GRAB + GO MEALS CARBS

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						
CARB		CARB		CARB		CARB		CARB				
<b>BREAKFAST</b>												
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>38</b>	<b>Raspberry Bar<sup>^WG</sup></b>	<b>35</b>	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>23</b>	<b>Cinnamon Roll<sup>^WG</sup></b>	<b>38</b>	<b>Pancakes<sup>^WG</sup></b>	<b>35</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b>	<b>14</b>	
Orange Juice	13	Orange Juice	13	25/2	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13
Milk	13-20	Milk	13-20	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	
		Milk	13-20	Milk	13-20							
<b>LUNCH</b>												
<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b>	<b>30</b>	<b>Yogurt<sup>^</sup> + Grahams<sup>WG</sup></b>	<b>38/21</b>	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b>	<b>37</b>	<b>Chicken Ham<sup>+</sup> + Cheese Croissant<sup>WG</sup></b>	<b>29</b>	<b>Pizza DIY Dipper Pack</b>	<b>36</b>	<b>Chicken Drumstick<sup>^WG</sup> w/ Baked Fries + Roll<sup>WG</sup></b>	<b>31</b>	
Scoops <sup>WG</sup>	19	Roasted Chickpeas	24	Hummus Cup	18	Sliced Apples	7	Sliced Apples	7	30/26	Marinara Cup	7
Salsa Cup	5	Mixed Fruit	18	Sliced Apples	7	Baby Carrots	8	Milk	13-20	27	Fruit Sorbet	21
Peaches	13	Milk	13-20	Milk	13-20	Dried Fruit Mix	30			13-20	Milk	13-20
Milk	13-20					Milk	13-20					
<b>SUPPER</b>												
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b>	<b>64</b>	<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b>	<b>31</b>	<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b>	<b>29</b>	<b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b>	<b>50</b>					
<b>OR</b>		Marinara Cup	7	Veggie Juice	10	Baby Carrots	8					
<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b>	<b>31</b>	Mixed Fruit	18	Fresh Fruit	7-26	Peaches	13					
<b>Cheese Croissant Sandwich<sup>WG</sup></b>	<b>30</b>	Milk	13-20	Milk	13-20	Milk	13-20					
Veggie Juice	10											
Dried Fruit Mix	30											
Milk	13-20											
<b>SNACK</b>												
<b>Snack Kit<sup>WG</sup></b>	<b>43</b>	<b>Snack Kit<sup>WG</sup></b>	<b>43</b>	<b>Cereal Bowl<sup>WG</sup></b>	<b>23</b>	<b>Grahams<sup>WG</sup></b>	<b>21</b>					
				Milk	13-20	Milk	13-20					

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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 ELEMENTARY 2021 GRAB + GO MEALS CARBS

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							
CARB		CARB		CARB		CARB							
<b>BREAKFAST</b>													
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>38</b>	<b>Raspberry Bar<sup>^WG</sup></b>	<b>35</b>	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>23</b>	<b>Cinnamon Roll<sup>^WG</sup></b>	<b>38</b>	<b>Pancakes<sup>^WG</sup></b>	<b>35</b>	<b>Beef Sausage<sup>~</sup> + Cheese</b>			
Orange Juice	13	Orange Juice	13	<b>25/2</b>	Orange Juice	13	Orange Juice	13	Orange Juice	13			
Milk	13-20	Milk	13-20	Orange Juice	13	Milk	13-20	Milk	13-20	<b>Mini Bagel<sup>WGIW</sup></b>			
				Milk	13-20					<b>26</b>			
										Orange Juice			
										Milk			
										13-20			
<b>LUNCH</b>													
<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b>	<b>30</b>	<b>Yogurt<sup>^</sup> + Grahams<sup>WG</sup></b>	<b>38/21</b>	<b>Cheese Stick + Hummus w/ Pretzel<sup>^WGIW</sup></b>	<b>25</b>	<b>Chicken Salad<sup>+</sup> Sandwich<sup>WG</sup></b>	<b>43</b>	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b>	<b>37</b>	<b>Cheese Cavatappi<sup>WG^</sup></b>	<b>36</b>	<b>Mandarin Orange<sup>+</sup> + Veggie Rice<sup>WG</sup></b>	<b>46</b>
Scoops <sup>WG</sup>	19	Roasted Chickpeas	24	Baby Carrots	8	Dried Fruit Mix	30	Veggie Juice	10	Marinara Cup	7	Baby Carrots	8
Salsa Cup	5	Mixed Fruit	18	Sliced Apples	7	Milk	13-20	Sliced Apples	7	Fruit Sorbet	21	Craisins	27
Peaches	13	Milk	13-20	Milk	13-20			Milk	13-20	Milk	13-20	Milk	13-20
Milk	13-20												
<b>SUPPER</b>													
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b>	<b>64</b>	<b>Twisted Blueberry Sticks<sup>^WG</sup></b>	<b>48</b>	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b>	<b>30</b>	<b>Pizza<sup>^WGIW</sup></b>	<b>29</b>						
<b>OR</b>		<b>OR</b>		Baby Carrots	8	Marinara Cup	7						
<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b>	<b>31</b>	<b>Cheese Sticks + Pretzel<sup>^WGIW</sup></b>	<b>2/30</b>	Fresh Fruit	7-26	Mixed Fruit	18						
<b>Cheese Croissant Sandwich<sup>WG</sup></b>	<b>30</b>	Veggie Juice	10	Milk	13-20	Milk	13-20						
Baby Carrots	5	Peaches	13										
Craisins	27	Milk	13-20										
Milk	13-20												
<b>SNACK</b>													
<b>Snack Kit<sup>WG</sup></b>	<b>43</b>	<b>Snack Kit<sup>WG</sup></b>	<b>43</b>	<b>Cereal Bowl<sup>WG</sup></b>	<b>23</b>	<b>Grahams<sup>WG</sup></b>	<b>21</b>						
				Milk	13-20	Milk	13-20						

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## ALTERNATES

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