

MAY ELEMENTARY CARB 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							
CARB		CARB		CARB		CARB		CARB					
BREAKFAST													
Cinnamon Roll^{^WG}	38	Raspberry Bar^{^WG}	35	Bagel^{WG} w/ Cream Cheese[^]	23	Multi Grain Cheerios^{^WG}	38	Egg + Cheese Wrap^{^WGIW}	14	Pancakes^{^WG}	35		
Orange Juice	13	Apple Juice	16		25/2	Apple Juice	16	Orange Juice	13	Apple Juice	16	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								
LUNCH													
Turkey Ham⁺ + Cheese Sandwich^{WGIW}	29	Yogurt[^] + Granola^{WG}	38/47	Cheese Crunchers^{^WG} w/ Broccoli	45	Chicken Patty⁺ Sandwich^{WG}	37	Chicken Ham⁺ + Cheese Croissant^{WG}	29	Chicken Drumstick^{^WG} w/ Baked Fries	30	Taco[~] w/ Corn^{^WG}	23
Baby Carrots	8	Veggie Juice	10			OR						Scoops ^{WG}	19
Fruit Sorbet	21	Blueberry Cup	9	Marinara Cup	7	Pizza^{^WGIW}	29	Baby Carrots	8	Craisins	27	Salsa Cup	5
Milk	13-20	Milk	13-20	Sliced Apples	7	Grape Tomatoes w/ Ranch	3/15	Fresh Fruit	7-26	Cookie ^{WG}	33	Peaches	13
				Milk	13-20	Mixed Fruit	18	Milk	13-20	Milk	13-20	Milk	13-20
						Milk	13-20						
SUPPER													
Peanut Butter + Jelly Sandwich^{P WG}	64	Twisted Blueberry Sticks^{^WG}	48	Turkey Ham⁺ + Turkey⁺ + Cheese Sandwich^{WGIW}	27	Hummus Cups[^] w/ Cheese Crackers^{WG}	50						
OR		OR											
Grilled Cheese Sandwich^{^WGIW}	31	Cheese Sticks + Pretzel^{^WGIW}	2/30	Roasted Chickpeas	24	Baby Carrots	8						
Cheese Croissant Sandwich^{WG}	30			Raisins	34	Peaches	13						
Veggie Juice	10	Baby Carrots	8	Milk	13-20	Milk	13-20						
Craisins	27	Fresh Fruit	7-26										
Milk	13-20	Milk	13-20										
SNACK													
Snack Kit^{WG}	43	Cheese Crackers^{WG}	14	Cereal Bowl^{WG}	23	Grahams^{WG}	21						
		Capri Sun Juice	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^{WV} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu subject to change due to product supply.

This institution is an equal opportunity provider.

MAY ELEMENTARY CARB 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	
CARB		CARB		CARB		CARB	
BREAKFAST							
Cinnamon Roll^{^WG} 38	Raspberry Bar^{^WG} 35	Bagel^{WG} w/ Cream Cheese[^] 25/2	NO SCHOOL		Multi Grain Cheerios^{^WG} 23	Beef Sausage[~] + Cheese	Pancakes^{^WG} 35
Orange Juice 13	Apple Juice 16				Apple Juice 16	Mini Bagel^{WG IW} 26	Orange Juice 60
Milk 13-20	Milk 13-20	Orange Juice 13			Milk 13-20	Orange Juice 13	Milk 13-20
		Milk 13-20				Milk 13-20	
LUNCH							
Chicken Ham⁺ + Cheese Sandwich^{WG IW} 34	Yogurt[^] + Granola^{WG} 38/47	Pizza DIY Dipper Pack 36	NO SCHOOL		Chicken Patty⁺ Sandwich^{WG} 37	Hamburger[~] on Bun^{WG} w/ Baked Fries 46	Mandarin Orange^{+WG} w/ Veggie Rice^{WG} 46
Baby Carrots 8	Veggie Juice 10	OR			Pizza^{^WG IW} 29	Peaches 13	Veggie Juice 10
Fruit Sorbet 77	Blueberry Cup 9	Chicken Nuggets^{+WG} w/ Corn 29			Baby Carrots 8	Milk 13-20	Raisins 34
Milk 13-20	Milk 13-20	Sliced Apples 7			Fresh Fruit 7-26		Milk 13-20
		Milk 13-20			Milk 13-20		
SUPPER							
Peanut Butter + Jelly Sandwich^{p WG} 64	Turkey Ham⁺ + Turkey⁺ + Cheese Sandwich^{WG IW} 27	Yogurt[^] + Granola^{WG} 38/47	NO SCHOOL				
OR	Roasted Chickpeas 24	Veggie Juice 10					
Grilled Cheese Sandwich^{^WG IW} 31	Mixed Fruit 18	Fresh Fruit 7-26					
Cheese Croissant Sandwich^{WG} 30	Milk 13-20	Milk 13-20					
Veggie Juice 10							
Craisins 27							
Milk 13-20							
SNACK							
Snack Kit^{WG} 43	Grahams^{WG} 21	Cereal Bowl^{WG} 23	NO SCHOOL				
	Capri Sun Juice 21	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 Calories IW Individually Wrapped
[^] Meatless ^p Peanuts * Pork + Poultry WG = Whole Grain

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^{pv} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu subject to change due to product supply.

This institution is an equal opportunity provider.

MAY ELEMENTARY CARB 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			
CARB		CARB		BREAKFAST		CARB		CARB	
Cinnamon Roll^{^WG} 38	Raspberry Bar^{^WG} 35	Bagel^{WG} w/ Cream Cheese[^] 25/2	Multi Grain Cheerios^{^WG} 23	Cinnamon Roll^{^WG} 38	Pancakes^{^WG} 35	Egg + Cheese Wrap^{^WGIW} 14			
Orange Juice 13	Apple Juice 16	Apple Juice 16	Apple Juice 16	Orange Juice 13	Apple Juice 16	Orange Juice 13	Apple Juice 16	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	Milk 13-20	
		Milk 13-20							
LUNCH									
Turkey Ham⁺ + Cheese Sandwich^{WGIW} 29	Yogurt[^] + Granola^{WG} 38/47	Cheese Crunchers^{^WG} w/ Broccoli 45	Chicken Patty⁺ Sandwich^{WG} 37	Chicken Ham⁺ + Cheese Croissant^{WG} 29	Chicken Drumstick^{^WG} w/ Baked Fries 30	Taco[~] w/ Corn^{^WG} 23			
Roasted Chickpeas 24	Veggie Juice 10	w/ Broccoli 45	OR	Pizza^{^WGIW} 29	Scoops ^{WG} 19	Salsa Cup 5			
Fruit Sorbet 21	Blueberry Cup 9	Marinara Cup 7	OR	Baby Carrots 8	Cookie ^{WG} 33	Salsa Cup 5			
Milk 13-20	Milk 13-20	Sliced Apples 7	Grape Tomatoes w/ Ranch 3/15	Fresh Fruit 7-26	Craisins 27	Peaches 13			
		Milk 13-20	Mixed Fruit 18	Milk 13-20	Milk 13-20	Milk 13-20			
			Milk 13-20			Milk 13-20			
SUPPER									
Peanut Butter + Jelly Sandwich^{p WG} 64	Hummus Cups[^] w/ Cheese Crackers^{WG} 50	Turkey Ham⁺ + Cheese Sandwich^{WG IW} 29	Grilled Cheese Sandwich^{^WGIW} 31						
OR	Baby Carrots 8	Peaches 13	Marinara Cup 7						
Grilled Cheese Sandwich^{^WGIW} 31	Mixed Fruit 18	Fresh Fruit 7-26	Peaches 13						
Cheese Croissant Sandwich^{WG} 30	Milk 13-20	Milk 13-20	Milk 13-20						
Veggie Juice 10									
Dried Fruit Mix 30									
Milk 13-20									
SNACK									
Snack Kit^{WG} 43	Cereal Bowl^{WG} 21	Cheese Crackers^{WG} 14	Grahams^{WG} 21						
	Milk 13-20	Capri Sun Juice 21	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 Calories IW Individually Wrapped
 ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^{pv} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu subject to change due to product supply.

This institution is an equal opportunity provider.

MAY ELEMENTARY CARB 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					
CARB		CARB		CARB		BREAKFAST				CARB		CARB	
Cinnamon Roll^{^WG}	38	Raspberry Bar^{^WG}	35	Bagel^{WG} w/ Cream Cheese[^]	25/2	Multi Grain Cheerios^{^WG}	23	Cinnamon Roll^{^WG}	38	Pancakes^{^WG}	35	Beef Sausage[~] + Cheese	
Orange Juice	13	Apple Juice	16			Apple Juice	16	Orange Juice	13	Apple Juice	16	Mini Bagel^{WGiw}	26
Milk	13-20	Milk	13-20	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Orange Juice	13
				Milk	13-20							Milk	13-20
LUNCH													
Turkey Ham⁺ + Cheese Sandwich^{WGiw}	29	Yogurt[^] + Granola^{WG}	38/47	Cheese Cavatappi^{WG^}	36	Chicken Bites^{+WG} Salad⁺	18	Chicken Patty⁺ Sandwich^{WG}	37	Hamburger[~] on Bun^{WG}		Thai Sweet Chili Chicken⁺	
						OR		OR		w/ Baked Fries	46	w/ Veggie Rice^{WG}	45
Roasted Chickpeas	24	Veggie Juice	10	Baby Carrots	8	Turkey Hot Dog⁺ on Bun^{WG}		Pizza^{^WGiw}	29	Peaches	13	Veggie Juice	10
Fruit Sorbet	21	Blueberry Cup	9	Sliced Apples	7	w/ Ranchero Beans	58			Milk	13-20	Raisins	34
Milk	13-20	Milk	13-20	Milk	13-20	Mixed Fruit	18	Baby Carrots	8			Milk	13-20
						Milk	13-20	Fresh Fruit	7-26				
								Milk	13-20				
SUPPER													
Peanut Butter + Jelly Sandwich^{p WG}	64	Twisted Blueberry Sticks^{^WG}	48	Chicken Ham⁺ + Cheese Sandwich^{WGiw}	34	Pizza^{^WGiw}	29						
		OR				Marinara Cup	7						
Grilled Cheese Sandwich^{^WGiw}	31	Cheese Sticks + Pretzel^{^WGiw}	2/30	Baby Carrots	8	Mixed Fruit	18						
Cheese Croissant Sandwich^{WG}	30			Fresh Fruit	7-26	Milk	13-20						
Baby Carrots	8	Veggie Juice	10	Milk	13-20								
Craisins	27	Peaches	13										
Milk	13-20	Milk	13-20										
SNACK													
Snack Kit^{WG}	43	Scoops^{WG}	19	Cereal Bowl^{WG}	21	Grahams^{WG}	21						
		Capri Sun Juice	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 Calories IW Individually Wrapped
 ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^{pv} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu subject to change due to product supply.

This institution is an equal opportunity provider.