

APRIL SECONDARY 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	CARB			
NO SCHOOL	Raspberry Bar ^{^WG}	35	Bagel ^{WG} w/ Cream Cheese [^]	Multi Grain Cheerios ^{^WG}	23	Cinnamon Roll ^{^WG}	38	Pancakes ^{^WG}	35	Egg + Cheese Wrap ^{^WGIW}	14	
	Orange Juice	13		25/2	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13
	Milk	13-20	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
LUNCH												
NO SCHOOL	Chicken Patty [^] Sandwich ^{WG}	37	Yogurt [^] + Granola ^{WG}	38/47	Turkey [^] + Cheese Sandwich ^{WGIW}	30	Pizza DIY Dipper Pack	36	Cheese Cavatappi ^{WG^}	36	Chicken Drumstick ^{^WG}	
	Hummus Cup	18	Veggie Juice	10	Salsa Cup	5	Sliced Apples	7	Roasted Chickpeas	24	w/ Baked Fries + Roll ^{WG}	30/26
	Peaches	13	Blueberry Cup	9	Scoops ^{WG}	19	Milk	13-20	Craisins	27	Fruit Sorbet	21
	Milk	13-20	Milk	13-20	Craisins	27			Milk	13-20	Milk	13-20
SUPPER												
NO SCHOOL	Twisted Blueberry Sticks ^{^WG}	48	Peanut Butter + Jelly Sandwich ^{^WG}	64	Hummus Cups [^] w/ Cheese Crackers ^{WG}	50						
	OR		OR		Baby Carrots	8						
	Cheese Sticks + Pretzel ^{^WGIW}	2/30	Grilled Cheese Sandwich ^{^WGIW}	31	Peaches	13						
	Baby Carrots	8	Cheese Croissant Sandwich ^{WG}	30	Milk	13-20						
Fresh Fruit	7-26	Veggie Juice	10									
Milk	13-20	Craisins	27									
		Milk	13-20									
SNACK												
NO SCHOOL	Snack Kit ^{WG}	43	Cereal Bowl ^{WG}	23	Grahams ^{WG}	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^{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.

APRIL SECONDARY 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	
BREAKFAST							
Cinnamon Roll^{^WG} 38	Raspberry Bar^{^WG} 35	Bagel^{WG} w/ Cream Cheese[^] 25/2	Multi Grain Cheerios^{^WG} 23	NO SCHOOL		Pancakes^{^WG} 35	Beef Sausage⁻ + Cheese Mini Bagel^{WGIW} 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
LUNCH							
Turkey Ham⁺ + Cheese Sandwich^{WGIW} 29	Spicy Chicken Patty⁺ Sandwich^{WG} 37	Turkey⁺ + Cheese Croissant^{WG} 29	Ranch Chicken⁺ Bowl^{WG} 79	NO SCHOOL		Rotini Pasta^{WG} + Meat Sauce⁻ 29	Turkey⁺ + Cheese Sandwich^{WGIW} 30
Roasted Chickpeas 24	Hummus Cup 18	Scoops ^{WG} 19	Applesauce Cup 15			Veggie Juice 10	Scoops ^{WG} 19
Mixed Fruit 18	Sliced Apples 7	Salsa Cup 5	Milk 13-20			Fruit Sorbet 21	Salsa Cup 5
Milk 13-20	Milk 13-20	Dried Fruit Mix 30				Milk 13-20	Craisins 27
		Milk 13-20					Milk 13-20
SUPPER							
Peanut Butter + Jelly Sandwich^{P WG} 64	Beef Sausage⁻ + Cheese Mini Bagel^{WGIW} 26	Pizza^{^WGIW} 27	Turkey⁺ + Cheese Sandwich^{WGIW} 30				
OR	Baby Carrots 8	Marinara Cup 7	Baby Carrots 8				
Grilled Cheese Sandwich^{^WGIW} 31	Mixed Fruit 18	Fresh Fruit 7-26	Dried Fruit Mix 30				
Cheese Croissant Sandwich^{WG} 30	Milk 13-20	Milk 13-20	Milk 13-20				
Veggie Juice 10							
Craisins 27							
Milk 13-20							
SNACK							
Snack Kit^{WG} 43	Snack Kit^{WG} 43	Cereal Bowl^{WG} 23	Grahams^{WG} 21				
		Milk 13-20	Milk 13-20				

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Menu Key: ~ Beef Carb Carbohydrates IW Individually Wrapped

ALTERNATES

[^] Meatless ^p Peanuts * Pork + Poultry WG = Whole Grain

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.

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APRIL SECONDARY 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					
BREAKFAST													
Cinnamon Roll^{^WG}	38	Raspberry Bar^{^WG}	35	Bagel^{WG} w/ Cream Cheese[^]	23	Cinnamon Roll^{^WG}	38	Pancakes^{^WG}	35	Egg + Cheese Wrap^{^WGIW}	14		
Orange Juice	13	Orange Juice	13		25/2	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								
LUNCH													
Turkey Ham⁺ + Cheese Sandwich^{WGIW}	29	Chicken Patty⁺ Sandwich^{WG}	37	Yogurt[^] + Granola^{WG}	38/47	Turkey⁺ + Cheese Sandwich^{WGIW}	30	Pizza DIY Dipper Pack	36	Cheese Cavatappi^{WG^}	36	Chicken Drumstick^{^WG} w/ Baked Fries + Roll^{WG}	30/26
Roasted Chickpeas	24	Hummus Cup	18	Veggie Juice	10	Salsa Cup	5	Sliced Apples	7	Roasted Chickpeas	24		
Applesauce Cup	15	Peaches	13	Blueberry Cup	9	Scoops ^{WG}	19	Milk	13-20	Craisins	27	Fruit Sorbet	21
Milk	13-20	Milk	13-20	Milk	13-20	Craisins	27			Milk	13-20	Milk	13-20
						Milk	13-20						
SUPPER													
Peanut Butter + Jelly Sandwich^{p WG}	64	Grilled Cheese Sandwich^{^WGIW}	31	Turkey Ham⁺ + Cheese Sandwich^{WG IW}	29	Hummus Cups[^] w/ Cheese Crackers^{WG}	50						
OR		Marinara Cup	7	Veggie Juice	10	Baby Carrots	8						
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}	200	Snack Kit^{WG}	200	Cereal Bowl^{WG}	100	Grahams^{WG}	120						
				Milk	13-20	Milk	13-20						

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ALTERNATES

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APRIL SECONDARY 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		CARB	
BREAKFAST									
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	Mini Bagel^{WGIW} 26		
Orange Juice 13	Orange Juice 13	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	Milk 13-20	Milk 13-20		
LUNCH									
Turkey Ham⁺ + Cheese Sandwich^{WGIW} 29	Spicy Chicken Patty[*] Sandwich^{WG} 37	Turkey⁺ + Cheese Croissant^{WG} 29	Ranch Chicken⁺ Bowl^{WG} 79	Protein Pack^{^WG} 47	Pizza^{^WGIW} 27	Mandarin Orange Chicken Bowl⁺ w/ Veggie Rice^{WG} 46			
Roasted Chickpeas 24	Hummus Cup 18	Scoops ^{WG} 19	Applesauce Cup 15	Baby Carrots 8	Marinara Cup 7	Broccoli 2			
Mixed Fruit 18	Sliced Apples 7	Salsa Cup 5	Milk 13-20	Sliced Apples 7	Fruit Sorbet 21	Peaches 13			
Milk 13-20	Milk 13-20	Dried Fruit Mix 30		Milk 13-20	Milk 13-20	Milk 13-20			
SUPPER									
Peanut Butter + Jelly Sandwich^{p WG} 64	Twisted Blueberry Sticks^{^WG} 48	Turkey⁺ + Cheese Sandwich^{WGIW} 30	Pizza^{^WGIW} 27						
OR	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	Veggie Juice 10	Fresh Fruit 7-26	Milk 13-20						
Baby Carrots 5	Peaches 13	Milk 13-20							
Craisins 27	Milk 13-20								
Milk 13-20									
SNACK									
Snack Kit^{WG} 43	Snack Kit^{WG} 43	Cereal Bowl^{WG} 23	Grahams^{WG} 21						
		Milk 13-20	Milk 13-20						

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