

# MAY SECONDARY CARB 2021 MEALS

| MONDAY<br>5/3/21   |   | TUESDAY<br>5/4/21 + 5/6/21 ALL SITES CLOSED ON WEDNESDAY                               |  | THURSDAY<br>5/7/21   |  | FRIDAY<br>5/8/21 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                                   | <b>Cinnamon Roll<sup>^WG</sup></b> 38                        | <b>Egg + Cheese Wrap<sup>^WGIW</sup></b> 14              | <b>Pancakes<sup>^WG</sup></b> 35                           |  |
| Orange Juice 13  | Apple Juice 16  |  | 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   |  |
| <b>LUNCH</b>   |   |  |  |  |  |  |  |
| <b>Chicken Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 34 | <b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 37 | <b>Cheese Cavatappi<sup>WG^</sup></b> 36   | <b>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> 79                          | <b>Turkey<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 29 | <b>Meatball Sub<sup>~WG</sup></b> 38                     | <b>Chicken Drumstick<sup>^WG</sup></b> 30                  |  |
| <b>OR</b>  | Celery w/ Ranch 2/15                                      | Veggie Juice 10  | <b>OR</b>  | <b>OR</b>  | <b>OR</b>  | <b>w/ Baked Fries</b> 30                                   |  |
| <b>Hamburger<sup>~</sup> on Bun<sup>WG</sup></b> 29                | Peaches 13  | Sliced Apples 7  | <b>Mandarin Orange Chicken Bowl<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> 46 | <b>Pizza<sup>^WGIW</sup></b> 27                              | <b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b> 29 | Cookie <sup>WG</sup> 33                                    |  |
| <b>OR</b>  | Milk 13-20  | Milk 13-20   | Roasted Chickpeas 24   | Baby Carrots 8   | Marinara Cup 7   | Raisins 34   |  |
| <b>Cheeseburger<sup>~</sup> on Bun<sup>WG</sup></b> 30             |   |  | Fruit Sorbet 21  | Fresh Fruit 7-26   | Mixed Fruit 18   | Milk 13-20   |  |
| Grape Tomatoes w/ Ranch 3/15                                       |   |  | Milk 13-20   | Milk 13-20   | Milk 13-20   |  |  |
| Applesauce Cup 15  |   |  |  |  |  |  |  |
| Milk 13-20   |   |  |  |  |  |  |  |
| <b>SUPPER</b>  |   |  |  |  |  |  |  |
| <b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 64            | <b>Twisted Blueberry Sticks<sup>^WG</sup></b> 48          | <b>Turkey Ham<sup>+</sup> + Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 27 | <b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b> 50              |  |  |  |  |
| <b>OR</b>  | <b>OR</b>   |  |  |  |  |  |  |
| <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 31                  | <b>Cheese Sticks + Pretzel<sup>^WGIW</sup></b> 2/30       | Roasted Chickpeas 24   | Baby Carrots 8   |  |  |  |  |
| <b>Cheese Croissant Sandwich<sup>WG</sup></b> 30                   | Baby Carrots 8  | Raisins 34   | Peaches 13   |  |  |  |  |
| Veggie Juice 10  | Fresh Fruit 7-26  | Milk 13-20   | Milk 13-20   |  |  |  |  |
| Craisins 27  | Milk 13-20  |  |  |  |  |  |  |
| Milk 13-20   |   |  |  |  |  |  |  |
| <b>SNACK</b>   |   |  |  |  |  |  |  |
| <b>Snack Kit<sup>^WG</sup></b> 43                                  | <b>Cheese Crackers<sup>WG</sup></b> 14                    | <b>Cereal Bowl<sup>WG</sup></b> 23   | <b>Grahams<sup>WG</sup></b> 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 subject to change due to product supply.**

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

### 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

This institution is an equal opportunity provider.

# MAY SECONDARY CARB 2021 MEALS

| MONDAY<br>5/10/21                                 |   | TUESDAY<br>5/11/21 + 5/12/21 ALL SITES CLOSED ON WEDNESDAY |           | THURSDAY<br>5/13/21 |   | FRIDAY<br>5/14/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |  |
|---|---|--|-----------|---------------------|---|---|--|
| CARB  |   | CARB   |           | CARB                |   | CARB  |  |
| <b>BREAKFAST</b>                                  |   |  |           | <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 | NO SCHOOL |                     | <b>Multi Grain Cheerios<sup>^WG</sup></b> 23          | <b>Beef Sausage<sup>-</sup> + Cheese</b>                    | <b>Pancakes<sup>^WG</sup></b> 35         |
| Orange Juice 13                                   | Apple Juice 16  |  |           | Apple Juice 16      | <b>Mini Bagel<sup>WG IW</sup></b> 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  |   |  |
| <b>LUNCH</b>                                      |   |  |           |                     |   |   |  |
| <b>Turkey<sup>+</sup> + Cheese</b>                | <b>Spicy Chicken Patty<sup>+</sup></b>                      | <b>Protein Pack<sup>^WG</sup></b> 47                       | NO SCHOOL |                     | <b>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> 79 | <b>Nachos<sup>-</sup> w/ Cheese Sauce</b> 49                | <b>Cheese Crunchers<sup>^WG</sup></b> 41 |
| <b>Croissant<sup>WG</sup></b> 29                  | <b>Sandwich<sup>WG</sup></b> 37                             | <b>Pizza<sup>^WGIW</sup></b> 27                            |           |                     | <b>OR</b>   | Scoops <sup>WG</sup> 19                                     | Marinara Cup 7                           |
| <b>OR</b>   | Celery w/ Ranch 2/15  | Baby Carrots 8   |           |                     | <b>Thai Sweet Chili Chicken<sup>+</sup></b>           | Corn 14   | Craisins 27                              |
| <b>Chik'n Nuggets w/ Roll<sup>WG</sup></b> 31     | Fruit Sorbet 21   | Sliced Apples 7  |           |                     | <b>w/ Veggie Rice<sup>WG</sup></b> 63                 | Peaches 13  | Milk 13-20                               |
| Scoops <sup>WG</sup> 19                           | Milk 13-20  | Milk 13-20   |           |                     | Veggie Juice 10                                       | Milk 13-20  |  |
| <b>OR</b>   |   |  |           |                     | Fresh Fruit 7-26                                      |   |  |
| Cookie <sup>WG</sup> 33                           |   |  |           |                     | Milk 13-20  |   |  |
| Salsa Cup 5                                       |   |  |           |                     |   |   |  |
| Mixed Fruit 18                                    |   |  |           |                     |   |   |  |
| Milk 13-20  |   |  |           |                     |   |   |  |
| <b>SUPPER</b>                                     |   |  |           |                     |   |   |  |
| <b>Peanut Butter + Jelly</b>                      | <b>Turkey Ham<sup>+</sup> + Turkey<sup>+</sup> + Cheese</b> | <b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 38/47     | NO SCHOOL |                     |   |   |  |
| <b>Sandwich<sup>P WG</sup></b> 64                 | <b>Sandwich<sup>WGIW</sup></b> 27                           | Veggie Juice 10  |           |                     |   |   |  |
| <b>OR</b>   | Roasted Chickpeas 24  | Fresh Fruit 7-26   |           |                     |   |   |  |
| <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 31 | Mixed Fruit 18  | Milk 13-20   |           |                     |   |   |  |
| <b>Cheese Croissant Sandwich<sup>WG</sup></b> 30  | Milk 13-20  |  |           |                     |   |   |  |
| Veggie Juice 10                                   |   |  |           |                     |   |   |  |
| Craisins 27                                       |   |  |           |                     |   |   |  |
| Milk 13-20  |   |  |           |                     |   |   |  |
| <b>SNACK</b>                                      |   |  |           |                     |   |   |  |
| <b>Snack Kit<sup>WG</sup></b> 43                  | <b>Grahams<sup>WG</sup></b> 21                              | <b>Cereal Bowl<sup>WG</sup></b> 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<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

**Menu subject to change due to product supply.**

This institution is an equal opportunity provider.

# MAY SECONDARY CARB 2021 MEALS

| MONDAY<br>5/17/21   |  | TUESDAY<br>5/18/21 + 5/19/21 ALL SITES CLOSED ON WEDNESDAY                |  | THURSDAY<br>5/20/21                          |   | FRIDAY<br>5/21/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |                |                 |                 |
|---|--|---|--|--|---|---|----------------|-----------------|-----------------|
| CARB  |  | CARB  |  | CARB   |   | BREAKFAST   |                |                 |                 |
| <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>25/2</b>         | <b>Multi Grain Cheerios<sup>^WG</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   | Apple Juice 16   | Apple Juice 16  | Apple Juice 16   | Orange Juice 13                              | Apple Juice 16  | Orange Juice 13   | Apple Juice 16 | 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     | Milk 13-20      | Milk 13-20      |
| LUNCH   |  |   |  |  |   |   |                |                 |                 |
| <b>Chicken Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> <b>34</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>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> <b>79</b> | <b>Protein Pack<sup>^WG</sup></b> <b>32</b>  | <b>Meatball Sub<sup>~WG</sup></b> <b>38</b>                     | <b>Chicken Drumstick<sup>^WG</sup></b> <b>30</b>            |                |                 |                 |
| <b>OR</b>   | Celery w/ Ranch 2/15   | Marinara Cup 7  | <b>OR</b>  | <b>OR</b>                                    | <b>OR</b>   | <b>w/ Baked Fries</b>                                       |                |                 |                 |
| <b>Hamburger<sup>~</sup> on Bun<sup>WG</sup></b> <b>29</b>                | Sliced Apples 7  | Peaches 13  | <b>Thai Sweet Chili Chicken<sup>+</sup></b>                  | <b>Pizza<sup>^WGIW</sup></b> <b>27</b>       | <b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b> <b>29</b> | <b>Cookie<sup>WG</sup></b> <b>33</b>                        |                |                 |                 |
| <b>OR</b>   | Milk 13-20   | Milk 13-20  | <b>w/ Veggie Rice<sup>WG</sup></b> <b>63</b>                 | Baby Carrots 8                               | Marinara Cup 7  | Raisins 34  |                |                 |                 |
| <b>Cheeseburger<sup>~</sup> on Bun<sup>WG</sup></b> <b>30</b>             |  |   | Veggie Juice 10  | Sliced Apples 7                              | Mixed Fruit 18  | Milk 13-20  |                |                 |                 |
| Grape Tomatoes w/ Ranch 3/15  |  |   | Applesauce Cup 15  | Milk 13-20                                   | Milk 13-20  |   |                |                 |                 |
| Fruit Sorbet 21   |  |   | Milk 13-20   |  |   |   |                |                 |                 |
| Milk 13-20  |  |   |  |  |   |   |                |                 |                 |
| SUPPER  |  |   |  |  |   |   |                |                 |                 |
| <b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> <b>64</b>            | <b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b> <b>50</b> | <b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> <b>29</b> | <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> <b>31</b>     |  |   |   |                |                 |                 |
| <b>OR</b>   | Baby Carrots 8   | Peaches 13  | Marinara Cup 7   |  |   |   |                |                 |                 |
| <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  |  |   |  |  |   |   |                |                 |                 |
| SNACK   |  |   |  |  |   |   |                |                 |                 |
| <b>Snack Kit<sup>WG</sup></b> <b>43</b>                                   | <b>Cereal Bowl<sup>WG</sup></b> <b>21</b>                                | <b>Cheese Crackers<sup>WG</sup></b> <b>14</b>                             | <b>Grahams<sup>WG</sup></b> <b>21</b>                        |  |   |   |                |                 |                 |
|   | 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<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

**Menu subject to change due to product supply.**

This institution is an equal opportunity provider.

# MAY SECONDARY CARB 2021 MEALS

| MONDAY<br>5/24/21  |   | TUESDAY<br>5/25/21 + 5/26/21 ALL SITES CLOSED ON WEDNESDAY         |  | THURSDAY<br>5/27/21                   |  | FRIDAY<br>5/28/21 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                               | <b>Cinnamon Roll<sup>^WG</sup></b> 38 | <b>Pancakes<sup>^WG</sup></b> 35             | <b>Beef Sausage<sup>~</sup> + Cheese Mini Bagel<sup>WGIW</sup></b> 26 |  |  |  |
| Orange Juice 13  | Apple Juice 16  |  | Apple Juice 16   | Orange Juice 13                       | Apple Juice 16                               |   |  |  |  |
| 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  |  |  |  |
| <b>LUNCH</b>   |   |  |  |                                       |  |   |  |  |  |
| <b>Turkey<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 29 | <b>Spicy Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 37 | <b>Chicken<sup>+</sup> + Vegetable Dumplings<sup>WG</sup></b> 31   | <b>Ranch Chicken<sup>+</sup> Bowl<sup>WG</sup></b> 79                      | <b>Protein Pack<sup>^WG</sup></b> 33  | <b>Nachos<sup>~</sup> w/ Cheese Sauce</b> 49 | <b>Cheese Crunchers<sup>^WG</sup></b> 44                              |  |  |  |
| <b>OR</b>  |   |  | <b>OR</b>  | <b>OR</b>                             | Scoops <sup>WG</sup> 19                      | Marinara Cup 7  |  |  |  |
| <b>Chik'n Nuggets w/ Roll<sup>WG</sup></b> 31                | Celery w/ Ranch 2/15  | Broccoli 3   | <b>Thai Sweet Chili Chicken<sup>+</sup> w/ Veggie Rice<sup>WG</sup></b> 63 | <b>Pizza<sup>^WGIW</sup></b> 27       | Corn 14                                      | Craisins 27   |  |  |  |
| Scoops <sup>WG</sup> 19                                      | Fruit Sorbet 21   | Dried Fruit Mix 30   |  | Baby Carrots 8                        | Peaches 13                                   | Milk 13-20  |  |  |  |
| <b>OR</b>  | Milk 13-20  | Milk 13-20   | Veggie Juice 10  | Fresh Fruit 7-26                      | Milk 13-20                                   |   |  |  |  |
| Cookie <sup>WG</sup> 33                                      |   |  | Sliced Apples 7  |                                       |  |   |  |  |  |
| Salsa Cup 5  |   |  | Milk 13-20   |                                       |  |   |  |  |  |
| Milk 13-20   |   |  |  |                                       |  |   |  |  |  |
| <b>SUPPER</b>  |   |  |  |                                       |  |   |  |  |  |
| <b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 64      | <b>Twisted Blueberry Sticks<sup>^WG</sup></b> 48                | <b>Chicken Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 34 | <b>Pizza<sup>^WGIW</sup></b> 29  |                                       |  |   |  |  |  |
| <b>OR</b>  | <b>OR</b>   |  | Marinara Cup 7   |                                       |  |   |  |  |  |
| <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 31            | <b>Cheese Sticks + Pretzel<sup>^WGIW</sup></b> 2/30             | Baby Carrots 8   | Mixed Fruit 18   |                                       |  |   |  |  |  |
| <b>Cheese Croissant Sandwich<sup>WG</sup></b> 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  |  |  |                                       |  |   |  |  |  |
| <b>SNACK</b>   |   |  |  |                                       |  |   |  |  |  |
| <b>Snack Kit<sup>WG</sup></b> 43                             | <b>Scoops<sup>WG</sup></b> 19                                   | <b>Cereal Bowl<sup>WG</sup></b> 21                                 | <b>Grahams<sup>WG</sup></b> 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<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

**Menu subject to change due to product supply.**

This institution is an equal opportunity provider.