

SEPTEMBER 2019

ELEMENTARY CARB MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS																									
breakfast	daily	M	WG Beef Sausage Bagel~	26	Carb Counts are for items that are highlighted only. Hot Packs Counts include the items “under the film” – not the bread or roll added to it. Standard Grains/Bread Carb Counts: 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																								
paid	\$1.30	T	WG Pancakes^	35																									
reduced	\$.00	W	WG Oatmeal Bar & Yogurt^	39																									
lunch	daily	TH	WG Breakfast Sandwich	26-28																									
paid	\$2.55	F	WG Cinnamon Roll^	38																									
reduced	\$.30	SERVED DAILY																											
		Assorted Fruit/Fruit Juice																											
		Fat Free or 1% Milk																											
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																					
Menu Key: ~Beef Carb = Carbohydrates ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ^Vegan WG = Whole Grain																													
LUNCH																													
2	NO SCHOOL	3	+WG Chicken Patty Sandwich w/ Curly Potatoes	32	4	WG French Toast Sticks w/ *Sausage	26	5	~Taco w/ Corn & Edamame w/ WG Scoops	24	6	^Cheese or +-Pepperoni Personal WG Pizza	31																
		OR	^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant	29	OR	~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun	31	OR	^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola	42	OR	+^Spicy WG Chicken Patty Sandwich	9																
			Salsa Baby Carrots Baked Fries Assorted Fruit Fat Free or 1% Milk			Celery Sticks Individual Serving Peanut Butter Cup Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk			Salsa Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk			Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk																	
9	+WG Chicken Bites w/ Cheesy Spinach & WG Scoops	20	OR	^WG Twisted Blueberry Breadsticks w/ Yogurt	48	10	~Hamburger on WG Bun w/ Corn	12	OR	^Vegetarian Chik Nuggets w/ Rosemary Potatoes & WG Breadstick	45	11	+WG Chicken Drumstick w/ Seasoned Potatoes & WG Breadstick	30	OR	+Turkey & Cheese on WG Croissant	32	12	^WG Cheese Crunchers w/ Marinara Sauce	40	OR	vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas	71 (54)	13	^Cheese or +-Pepperoni Stuffed Crust WG Pizza	31	OR	^WG Potato Crisp Fish Sandwich w/ Baked Fries	31
	Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk		Baked Fries Broccoli Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Roasted Chickpeas Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk																		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 CARB +Hot Dog on WG Bun w/ Baked Fries 19 OR ^Veggie Burger on WG Bun w/ Curly Potatoes 27 Celery Sticks Individual Serving Peanut Butter Cup Baked Fries Assorted Fruit Fat Free or 1% Milk	17 CARB ^WG Pancakes w/ Yogurt & String Cheese 51 OR ~Cheesesteak Bowl w/ Seasoned Potatoes & WG Roll 31 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	18 CARB ~WG Spaghetti w/ Meatballs & WG Breadstick 42 OR +BBQ Pulled Turkey in WG Cornbread Bowl 45 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	19 CARB ~Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 42 Salsa Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	20 CARB ^Cheese or +-Pepperoni Personal WG Pizza 31 OR +~Spicy WG Chicken Patty Sandwich 9 Green Peppers Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
23 CARB ^WG Grilled Cheese Sandwich w/ Baked Fries 44 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 50 Baby Carrots Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	24 CARB +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 32 OR WG Cheesy Beef~ Enchiladas w/ Red Sauce 35 Broccoli Salsa Fruit Pearls Assorted Fruit Fat Free or 1% Milk	25 CARB ~Hamburger on WG Bun w/ Corn 12 OR +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 18 Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	26 CARB +WG Chicken Nuggets w/ Cranberry Bread 50 OR vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas 71 (54) Tossed Salad w/ Ranch Dressing Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	27 CARB ^Cheese or +-Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Grape Tomatoes Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
30 NO SCHOOL				

PARENT INFORMATION	A LA CARTE OPTIONS
MySchoolBucks.com is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to MySchoolBucks.com to register.	RETURNED CHECKS ARE SUBJECT TO RECOVERY FOR THE FACE VALUE AND MARYLAND STATE ALLOWED FEE OF \$25.00 THROUGH AN ELECTRONIC DEBIT OR PAPER DRAFT TO THE SAME ACCOUNT. YOUR PAYMENT BY CHECK CONSTITUTES YOUR ACCEPTANCE OF THESE TERMS.

Did you know that, in addition to healthy meals, many schools offer a la carte options? All snack foods and beverages sold are in compliance with the MCPS Wellness Regulations (www.montgomeryschoolsmd.org/departments/policy/pdf/jpgra.pdf). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.

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