

JUNE 2019

DIVISION OF FOOD & NUTRITION SERVICES

MONTGOMERY COUNTY PUBLIC SCHOOLS

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 Bagel w/ Cream Cheese or Jelly^ 35						
lunch	daily	TH	WG Breakfast Sandwich 26-28						
paid	\$2.55	F	WG Cinnamon Roll^ 38						
reduced	\$.40	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									
3	CARB	4	CARB	5	CARB	6	CARB	7	CARB
+Hot Dog on WG Bun w/ Mixed Vegetables 12		WG French Toast Sticks w/ Scrambled Eggs 28		~WG Spaghetti w/ Meatballs & WG Breadstick 42		~Taco w/ Corn & Edamame w/ WG Scoops 24		^Cheese or +~Pepperoni Personal WG Pizza 31	
OR		OR		OR		OR		OR	
^WG Twisted Blueberry Breadstick w/ Yogurt 48		~Philly Cheese Steak w/ Green Beans & Carrots on WG Hot Dog Bun 11		+BBQ Pulled Turkey w/ WG Cornbread Bowl 45		^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 42		+~Spicy WG Chicken Patty Sandwich 9	
Baked Fries Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk		Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Salsa Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	
10	CARB	11	CARB	12	CARB	13	CARB	14	CARB
+WG Chicken Drumstick w/ Rosemary Potatoes & WG Roll 37		+WG Chicken Nuggets w/ Corn, Green Beans & WG Roll 34		^WG Pancakes w/ Yogurt & String Cheese 51		^Cheese or +~Pepperoni Personal WG Pizza 31		^WG Grilled Cheese Sandwich (I/W) 31	
OR		OR		OR		OR		OR	
~Hamburger on WG Bun w/ Baked Fries 19		^Veggie Burger on WG Bun w/ Seasoned Potatoes 24		Manager's Choice		Manager's Choice		^WG Peanut Butter & Jelly Sandwich (I/W) 52	
Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		Manager's Choice Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	