

JUNE 2019

DIVISION OF FOOD & NUTRITION SERVICES

MONTGOMERY COUNTY PUBLIC SCHOOLS

PRE-K/HEADSTART 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	\$.00	SERVED DAILY			
		Assorted Fruit/Fruit Juice			
		Fat Free or 1% Milk			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Menu Key: ~Beef Carb = Carbohydrates ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain

LUNCH

3 +Hot Dog on WG Bun w/ Mixed Vegetables 12 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	4 ~Philly Cheese Steak w/ Green Beans & Carrots on WG Hot Dog Bun 11 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	5 ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	6 ~Taco w/ Corn & Edamame w/ WG Scoops 24 Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	7 ^WG Cheese Personal Pizza 31 Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk
10 ~Hamburger on WG Bun w/ Baked Fries 19 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	11 +WG Chicken Nuggets w/ Corn, Green Beans & WG Roll 34 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	12 ^WG Pancakes w/ Yogurt & String Cheese 51 Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	13 ^WG Cheese Personal Pizza 31 Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	14 ^WG Grilled Cheese Sandwich (I/W) 31 Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk