

DECEMBER 2018 ELEMENTARY MENU

DIVISION OF FOOD & NUTRITION SERVICES
MONTGOMERY COUNTY PUBLIC SCHOOLS



| MEAL PRICES | | BREAKFAST | | CARBOHYDRATE COUNTS | |
|------------------|---------------|---------------------|--|---------------------|--|
| breakfast | daily | M | WG Mini Bagels[^] | 240 | 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[^] | 220 | |
| reduced | \$.00 | W | WG Bagel w/ Cream Cheese or Jelly[^] | 130-236 | |
| lunch | daily | TH | WG Breakfast Sandwich | 120-285 | |
| paid | \$2.55 | F | WG Cinnamon Roll[^] | 232 | |
| reduced | \$.40 | SERVED DAILY | | | |
| | | | Assorted Fruit/Fruit Juice | 55-90 | |
| | | | Fat Free or 1% Milk | 80-120 | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

Menu Key: ~Beef Carb = Carbohydrates ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ^Vegan WG = Whole Grain 🍀 Lucky Plate Day

LUNCH

| | | | | |
|---|---|--|--|--|
| <p>3 CARB</p> <p>+WG Chicken Bites w/ Cheesy Spinach & WG Scoops 20</p> <p style="text-align: center;">OR</p> <p>~Cafe Burger on WG Bun w/ Mixed Vegetables 5</p> <p>Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk</p> | <p>4 CARB</p> <p>+Mini Chicken Tacos w/ Corn, Edamame & WG Mini Flatbreads 32</p> <p style="text-align: center;">OR</p> <p>^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 26</p> <p>Salsa Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk</p> | <p>5 CARB</p> <p style="text-align: center;">LUCKY PLATE</p> <p>+BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Breadstick 35</p> <p style="text-align: center;">OR</p> <p>^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 45</p> <p>Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p> | <p>6 CARB</p> <p>^WG Cheese Crunchers w/ Marinara Sauce 40</p> <p style="text-align: center;">OR</p> <p>^Garden Salad w/ Hummus, Cheesestick & WG Pita Chips 24</p> <p>Broccoli Cheese Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p> | <p>7 CARB</p> <p>^Cheese or +-Pepperoni Stuffed Crust WG Pizza 31</p> <p style="text-align: center;">OR</p> <p>^WG Potato Crisp Fish Sandwich w/ Baked Fries 31</p> <p>Broccoli Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk</p> |
| <p>10 CARB</p> <p>Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 25</p> <p style="text-align: center;">OR</p> <p>+Hot Dog on WG Bun w/ Mixed Vegetables 17</p> <p>Grape Tomatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk</p> | <p>11 CARB</p> <p>^WG Pancakes w/ Yogurt & String Cheese 51</p> <p style="text-align: center;">OR</p> <p>~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 50</p> <p>Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk</p> | <p>12 CARB</p> <p>+WG Chicken Patty on WG Bun w/ Baked Fries 30</p> <p style="text-align: center;">OR</p> <p>~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 31</p> <p>Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p> | <p>13 CARB</p> <p>~Taco w/ Corn & Edamame w/ WG Scoops 24</p> <p style="text-align: center;">OR</p> <p>^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 42</p> <p>Salsa +Chicken Ancient Grains Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p> | <p>14 CARB</p> <p>^Cheese or +-Pepperoni Personal WG Pizza 36</p> <p style="text-align: center;">OR</p> <p>+~Spicy WG Chicken Patty Sandwich 9</p> <p>Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk</p> |

DECEMBER 2018 ELEMENTARY MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 17 CARB +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 18 OR WG 3 Cheese Calzone w/ Marinara Sauce 40 Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk | 18 CARB +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 32 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 19 Curly Potatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk | 19 CARB WG French Toast Sticks w/ *Sausage 26 OR ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk | 20 CARB ^WG Grilled Cheese Sandwich w/ Baked Fries 44 OR +Mediterranean Salad w/ Chicken Bites, WG Pita Chips & Roasted Chickpeas 41 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk | 21 CARB ^Cheese or +~Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Roasted Chickpeas Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk |
| 24 NO SCHOOL WINTER BREAK | 25 NO SCHOOL WINTER BREAK | 26 NO SCHOOL WINTER BREAK | 27 NO SCHOOL WINTER BREAK | 28 NO SCHOOL WINTER BREAK |
| 31 NO SCHOOL WINTER BREAK | For information on current hunger relief resources and emergency food providers in Montgomery County, visit the Montgomery County Food Council's Food Assistance Resource Directory at https://mocofoodcouncil.org/foodassistance . |  | | |

PARENT INFORMATION

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 recurring 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.

A LA CARTE OPTIONS

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.

11.18 · DFNS
This institution is an equal opportunity provider.

