

DECEMBER 2018

PRE-K/HEADSTART 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.			
paid	\$1.30	T	WG Pancakes[^]	220				
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly[^]	130-236	Standard Grains/Bread Carb Counts:			
lunch	daily	TH	WG Breakfast Sandwich	120-285				
paid	\$2.55	F	WG Cinnamon Roll[^] & Cheese Stick	240-300	Breadstick: 13 Dinner Roll: 15 Hot Dog Bun: 30 Pita Chips: 24			
reduced	\$.00	SERVED DAILY			Croissant (long): 26 Granola Pkg: 47 Mini Flatbread: 13 Scoops: 19			
			Assorted Fruit/Fruit Juice	55-90	Croutons: 4 Hamburger Bun: 28 Rounds: 29			
			Fat Free or 1% Milk	80-100				

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

LUNCH

<p>3 CARB</p> <p>~Cafe Burger on WG Bun w/ Mixed Vegetables 5</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>4 CARB</p> <p>+Mini Chicken Tacos w/ Corn, Edamame & WG Mini Flatbread 32</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>5 CARB</p> <p>[^]Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 45</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>6 CARB</p> <p>[^]WG Cheese Crunchers w/ Marinara Sauce 40</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>7 CARB</p> <p>[^]Cheese Stuffed Crust WG Pizza 31</p> <p>Broccoli Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
<p>10 CARB</p> <p>Mac & Cheese w/ +WG Chicken Bites & WG Roll 35</p> <p>Grape Tomatoes Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>11 CARB</p> <p>[^]WG Pancakes w/ Yogurt & String Cheese 51</p> <p>Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>12 CARB</p> <p>+WG Chicken Patty on WG Bun w/ Baked Fries 30</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>13 CARB</p> <p>~Taco w/ Corn & Edamame w/ WG Scoops 24</p> <p>Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>14 CARB</p> <p>[^]WG Cheese Personal Pizza 36</p> <p>Cucumber Slices Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 WG 3 Cheese Calzone w/ Marinara Sauce 40 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	18 ~Cafe Burger on WG Bun w/ Curly Potatoes 19 Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	19 ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	20 ^WG Grilled Cheese Sandwich w/ Baked Fries 44 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	21 ^Cheese Stuffed Crust WG Pizza 31 Baby Carrots Assorted Fresh Fruit or Fruit Cup 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 .			

