

JANUARY 2019

ELEMENTARY MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS					
breakfast	daily	M	WG Beef Sausage Bagel~	235	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									
1 NO SCHOOL WINTER BREAK		2 +WG Chicken Patty on WG Bun w/ Baked Fries CARB 32 OR ~Cheesy Burger on WG Bun w/ Seasoned Potatoes 33 Baked Fries Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		3 ~Taco w/ Corn & Edamame w/ WG Scoops CARB 24 OR WG 3 Cheese Calzone w/ Marinara Sauce 40 Salsa Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		4 ^Cheese or +-Pepperoni Personal WG Pizza CARB 31 OR +~Spicy WG Chicken Patty Sandwich 9 Broccoli Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk			
7 +WG Chicken Nuggets w/ Cheesy Spinach & WG Scoops CARB 20 OR ~Cafe Burger on WG Bun w/ Corn 12 Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk		8 +Hot Dog on WG Bun w/ Mixed Vegetables CARB 12 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 31 Celery Sticks Individual Serving Peanut Butter Cup Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		9 +BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll CARB 35 OR ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Roll 45 Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		10 ^WG Cheese Crunchers w/ Marinara Sauce CARB 40 OR vMediterranean Salad w/ Hummus, WG Pita Chips & Roasted Chickpeas 28 Broccoli Cheese Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		11 ^Cheese or +-Pepperoni Stuffed Crust WG Pizza CARB 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 CARB Mac & Cheese w/ +WG Chicken Bites & WG Roll 35 OR ^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 26 Salsa Grape Tomatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	15 CARB ^WG Pancakes w/ Yogurt & String Cheese 51 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 50 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	16 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 32 OR ^WG Grilled Cheese Sandwich w/ Baked Fries 44 Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	17 CARB +WG Chicken Nuggets w/ Cranberry Cornbread 50 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 42 +Chicken Ancient Grains Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	18 CARB ^Cheese or +~Pepperoni Personal WG Pizza 31 OR +~Spicy WG Chicken Patty Sandwich 9 Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
21 NO SCHOOL	22 CARB +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 32 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 19 Curly Potatoes Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	23 CARB WG French Toast Sticks w/ *Sausage 26 OR ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	24 CARB +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 20 OR vMediterranean Salad w/ Hummus, WG Pita Chips & Roasted Chickpeas 28 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	25 CARB ^Cheese or +~Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
28 NO SCHOOL	29 CARB +Hot Dog on WG Bun w/ Mixed Vegetables 12 OR +Coconut Chicken Curry w/ WG Rice & WG Roll 32 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	30 CARB WG French Toast Sticks w/ *Sausage 26 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 40 Grape Tomatoes Celery Sticks Assorted Fruit Fat Free or 1% Milk	31 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	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 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.

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.

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