

FEBRUARY 2019

ELEMENTARY 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																			
				1 CARB ^Cheese or +-Pepperoni Personal WG Pizza 31 OR +^Spicy WG Chicken Patty Sandwich 9		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk													
										4 CARB +WG Chicken Bites w/ Cheesy Spinach & WG Scoops 20 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 50		5 CARB +BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Breadstick 35 OR ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 45		6 CARB ~Cafe Burger on WG Bun w/ Corn 12 OR +Mesquite Chicken & Cheese on WG Croissant 32		7 CARB ^WG Cheese Crunchers w/ Marinara Sauce 40 OR +Mediterranean Salad w/ Hummus, WG Pita Chips & Roasted Chickpeas 76		8 CARB ^Cheese or +-Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31	
Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk				Baked Fries Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk				vChili Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk											

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 CARB +Hot Dog on WG Bun w/ Mac & Cheese 23 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	12 CARB ^WG Pancakes w/ Yogurt & String Cheese 51 OR ~Philly Cheese Steak w/ Seasoned Potatoes on WG Hot Dog Bun 31 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	13 CARB ^WG Grilled Cheese Sandwich w/ Baked Fries 44 OR ~Cheesy Burger on WG Bun w/ Baked Fries 33 Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	14 CARB +WG Chicken Nuggets w/ Blueberry Bread 42 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	15 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
18 NO SCHOOL	19 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	20 CARB +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 18 OR ^Vegetarian Cheese Enchiladas 31 Salsa Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	21 CARB ~WG Spaghetti w/ Meatballs & WG Breadstick 42 OR vMediterranean Salad w/ Hummus, WG Pita Chips & Roasted Chickpeas 76 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	22 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
25 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 32 OR ~Cheesy Burger on WG Bun w/ Curly Potatoes 33 Baked Fries Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	26 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	27 CARB WG French Toast Sticks w/ *Sausage 26 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 40 Cucumber Slices Broccoli Assorted Fruit Fat Free or 1% Milk	28 CARB ~Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 42 Salsa vButternut Squash Soup 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.

1.19 - DFNS
 This institution is an equal opportunity provider.

