





FEBRUARY 2019

PRE-K/HEADSTART 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^ & Cheese Stick	38							
reduced	\$.00	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 ^Vegan WG = Whole Grain											
LUNCH											
											
				1		^WG Cheese Personal Pizza		CARB 31			
Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk											
4		CARB		5		CARB		6		CARB	
+WG Chicken Bites w/ Cheesy Spinach & WG Scoops		20		^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick		45		~Cafe Burger on WG Bun w/ Corn		12	
Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	
7		CARB		8		CARB		31		CARB	
^WG Cheese Crunchers w/ Marinara Sauce		40		^Cheese Stuffed Crust WG Pizza		31		31		31	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 CARB +Hot Dog on WG Bun w/ Mac & Cheese 23</p> <p>Grape Tomatoes Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>12 CARB ^WG Pancakes w/ Yogurt & String Cheese 51</p> <p>Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>13 CARB ^WG Grilled Cheese Sandwich w/ Baked Fries 44</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>14 CARB +WG Chicken Nuggets w/ Blueberry Bread 42</p> <p>Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>15 CARB ^WG Cheese Personal Pizza 31</p> <p>Cucumber Slices Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
<p>18</p> <p style="text-align: center; color: red;">NO SCHOOL</p>	<p>19 CARB ~Cafe Burger on WG Bun w/ Curly Potatoes 19</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>20 CARB +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 18</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>21 CARB ~WG Spaghetti w/ Meatballs & WG Breadstick 42</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>22 CARB ^Cheese Stuffed Crust WG Pizza 31</p> <p>Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
<p>25 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 32</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>26 CARB +Hot Dog on WG Bun w/ Mixed Vegetables 12</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>27 CARB ^WG 3 Cheese Calzone w/ Marinara Sauce 40</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>28 CARB ~Taco w/ Corn & Edamame w/ WG Scoops 24</p> <p>Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p style="color: red;">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.</p> <p style="font-size: small;">1.19 - DFNS This institution is an equal opportunity provider.</p> 