

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

LUNCH

<p>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>			1 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	2 CARB ^Cheese or +-Pepperoni Personal WG Pizza 36 OR +~Spicy WG Chicken Patty Sandwich 9 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
			5 CARB +WG Chicken Bites w/ Cheesy Spinach & WG Scoops 20 OR ~Cafe Burger on WG Bun w/ Mixed Vegetables 5 Baby Carrots Salsa Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	6 NO SCHOOL

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 CARB Mac & Cheese w/ +WG Chicken Bites & WG Roll 25 OR +Hot Dog on WG Bun w/ Mixed Vegetables 17 Grape Tomatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	13 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	14 THANKSGIVING MEAL CARB +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll 32 Baked Fries Cranberry Sauce Tossed Salad w/ Ranch Dressing 100% Fruit Sorbet Assorted Fruit Fat Free or 1% Milk	15 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	16 CARB ^Cheese or +~Pepperoni Personal WG Pizza 36 OR +~Spicy WG Chicken Patty Sandwich 9 Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
19 CARB +WG Chicken Nuggets w/ Cheesy Spinach & WG Scoops 20 OR WG Cheesy Beef~ Enchiladas w/ Red Sauce 35 Baby Carrots Salsa Assorted Fruit Fat Free or 1% Milk	20 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	21 CARB ^WG Grilled Cheese Sandwich w/ Baked Fries 44 OR ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Roasted Chickpeas Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	NO SCHOOL	
26 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 30 OR ~Cheesy Burger on WG Bun w/ Curly Potatoes 33 Baked Fries Grape Tomatoes 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 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	28 CARB +Hot Dog on WG Bun w/ Mixed Vegetables 17 OR +Coconut Chicken Curry w/ Seasoned Potatoes & WG Roll 35 Cucumber Slices Broccoli Assorted Fruit Fat Free or 1% Milk	29 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	30 CARB ^Cheese or +~Pepperoni Personal WG Pizza 36 OR +~Spicy WG Chicken Patty Sandwich 9 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk

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.

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