

OCTOBER 2018

ELEMENTARY MENU

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: Croissant (long): 26 Granola Pkg: 47 Mini Flatbread: 13 Scoops: 19 Croutons: 4 Hamburger Bun: 28 Rounds: 29 Dinner Roll: 15 Hot Dog Bun: 30 Pita Chips: 24				
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	CARB	2	CARB	3	CARB	4	CARB	5	CARB
+WG Chicken Patty on WG Bun w/ Baked Fries	30	+Hot Dog on WG Bun w/ Mixed Vegetables	17	WG French Toast Sticks w/ *Sausage	26	~Taco w/ Corn & Edamame w/ WG Scoops	24	^Cheese or +Pepperoni Personal WG Pizza	36
OR		OR		OR		OR		OR	
~Cheesy Burger on WG Bun w/ Curly Potatoes	33	+Coconut Chicken Curry w/ Seasoned Potatoes & WG Roll	35	^WG 3 Cheese Calzone w/ Marinara Sauce	40	^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola	42	+~Spicy WG Chicken Patty Sandwich	9
Baked Fries Grape Tomatoes Assorted Fruit Fat Free or 1% Milk		Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		Broccoli Cucumber Slices Assorted Fruit Fat Free or 1% Milk		Salsa Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	
8	CARB	9	CARB	10	CARB	11	CARB	12	CARB
+WG Chicken Bites w/ Cheesy Spinach & WG Scoops	20	+Mini Chicken Tacos w/ Carrots & Edamame & WG Mini Flatbreads	32	+BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll	35	^WG Cheese Crunchers w/ Marinara Sauce	40	^Cheese or +Pepperoni Stuffed Crust WG Pizza	31
OR		OR		OR		OR		OR	
~Cafe Burger on WG Bun w/ Mixed Vegetables	5	^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant	26	+Chicken Ham & Cheese on WG Croissant	32	+Garden Salad w/ Chicken Bites & WG Pita Chips	16	^WG Potato Crisp Fish Sandwich w/ Baked Fries	31
Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk		Roasted Chickpeas Salsa Assorted Fruit Fat Free or 1% Milk		Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Broccoli Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	



OCTOBER 2018 ELEMENTARY MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

NATIONAL SCHOOL LUNCH WEEK

15 CARB Mac & Cheese w/ +WG Chicken Bites & WG Roll 35 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	16 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	17 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 30 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 31 Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	18 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	19 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
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22 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	23 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	24 CARB +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 18 OR ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Spinach Craisin Salad Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	25 CARB ^WG Grilled Cheese Sandwich w/ Baked Fries 44 OR +Mediterranean Salad w/ Chicken Bites, WG Pita Chips & Roasted Chickpeas 41 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	26 CARB ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Roasted Chickpeas Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
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29 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	30 CARB +Hot Dog on WG Bun w/ Mixed Vegetables 17 OR +Coconut Chicken Curry w/ Seasoned Potatoes & WG Roll 35 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	31 LUCKY PLATE CARB WG French Toast Sticks w/ *Sausage 26 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 40 Cucumber Slices Broccoli 100% Fruit Sorbet 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 .	 <p>5365.19.ar - 9.18 - DFNS This institution is an equal opportunity provider.</p> 
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PARENT INFORMATION A LA CARTE OPTIONS

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.	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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