

OCTOBER 2018

PRE-K/HEADSTART 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[^] & Cheese Stick	240-300										
reduced	\$.00		SERVED DAILY											
			Assorted Fruit/Fruit Juice	55-90										
			Fat Free or 1% Milk	80-100										
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
Menu Key: ~Beef Carb = Carbohydrates [^] Meatless pPeanuts +Poultry *Pork ^v Vegan WG = Whole Grain														
LUNCH														
1	+WG Chicken Patty on WG Bun w/ Baked Fries	CARB	2	+Hot Dog on WG Bun w/ Mixed Vegetables	CARB	3	[^]WG 3 Cheese Calzone w/ Marinara Sauce	CARB	4	~Taco w/ Corn & Edamame w/ WG Scoops	CARB	5	[^]WG Cheese Personal Pizza	CARB
	30			17			40			24			36	
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			Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk			Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		
8	~Cafe Burger on WG Bun w/ Mixed Vegetables	CARB	9	+Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread	CARB	10	+Chicken Ham & Cheese on WG Croissant	CARB	11	[^]WG Cheese Crunchers w/ Marinara Sauce	CARB	12	[^]Cheese Stuffed Crust WG Pizza	CARB
	5			32			32			40			31	
Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk			Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk			Baked Fries Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk			Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk			Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 <small>CARB</small> Mac & Cheese w/ +WG Chicken Bites & WG Roll 35 Grape Tomatoes Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	16 <small>CARB</small> ^WG Pancakes w/ Yogurt & String Cheese 51 Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	17 <small>CARB</small> +WG Chicken Patty on WG Bun w/ Baked Fries 30 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	18 <small>CARB</small> ~Taco w/ Corn & Edamame & WG Scoops 24 Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	19 <small>CARB</small> ^WG Cheese Personal Pizza 36 Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk
22 <small>CARB</small> +WG Chicken Nuggets w/ Cheesy Spinach & WG Scoops 20 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	23 <small>CARB</small> +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 32 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	24 <small>CARB</small> ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	25 <small>CARB</small> ^WG Grilled Cheese Sandwich w/ Baked Fries 44 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	26 <small>CARB</small> ^Cheese Stuffed Crust WG Pizza 31 Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk
29 <small>CARB</small> +WG Chicken Patty on WG Bun w/ Baked Fries 30 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	30 <small>CARB</small> +Hot Dog on WG Bun w/ Mixed Vegetables 17 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	31 <small>CARB</small> ^WG 3 Cheese Calzone w/ Marinara Sauce 40 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	<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>	

