

# JANUARY 2019

# PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS									
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Beef Sausage Bagel~</b>	<b>235</b>	<b>Carb Counts are for items that are highlighted only.</b> <b>Hot Packs Counts include the items “under the film” – not the bread or roll added to it.</b>  <b>Standard Grains/Bread Carb Counts:</b> 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								
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes^</b>	<b>220</b>									
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</b>	<b>130-236</b>									
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>	<b>120-285</b>									
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll^ &amp; Cheese Stick</b>	<b>240-300</b>									
<b>reduced</b>	<b>\$.00</b>		<b>SERVED DAILY</b>										
			Assorted Fruit/Fruit Juice	55-90									
			Fat Free or 1% Milk	80-100									
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
<b>Menu Key:</b> ~Beef   Carb = Carbohydrates   ^Meatless   pPeanuts   +Poultry   *Pork   ^Vegan   WG = Whole Grain													
LUNCH													
		<b>1</b>	<b>NO SCHOOL</b>		<b>2</b>	<b>+WG Chicken Patty on WG Bun w/ Baked Fries</b>	<b>CARB 32</b>	<b>3</b>	<b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b>	<b>CARB 24</b>	<b>4</b>	<b>^WG Cheese Personal Pizza</b>	<b>CARB 31</b>
						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	
<b>7</b>	<b>CARB</b>	<b>8</b>	<b>CARB</b>	<b>9</b>	<b>CARB</b>	<b>~Cafe Burger on WG Bun w/ Corn</b>	<b>12</b>	<b>10</b>	<b>^WG Cheese Crunchers w/ Marinara Sauce</b>	<b>CARB 40</b>	<b>11</b>	<b>^Cheese Stuffed Crust WG Pizza</b>	<b>CARB 31</b>
						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	
						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	
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>14</b> <span style="float: right;">CARB</span></p> <p><b>Mac &amp; Cheese w/ +WG Chicken Bites &amp; WG Roll</b> <span style="float: right;"><b>35</b></span></p> <p>Grape Tomatoes Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>15</b> <span style="float: right;">CARB</span></p> <p><b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> <span style="float: right;"><b>51</b></span></p> <p>Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>16</b> <span style="float: right;">CARB</span></p> <p><b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> <span style="float: right;"><b>32</b></span></p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>17</b> <span style="float: right;">CARB</span></p> <p><b>+WG Chicken Nuggets w/ Cranberry Cornbread</b> <span style="float: right;"><b>50</b></span></p> <p>Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>18</b> <span style="float: right;">CARB</span></p> <p><b>^WG Cheese Personal Pizza</b> <span style="float: right;"><b>31</b></span></p> <p>Cucumber Slices Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
<p><b>21</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p><b>22</b> <span style="float: right;">CARB</span></p> <p><b>~Cafe Burger on WG Bun w/ Curly Potatoes</b> <span style="float: right;"><b>19</b></span></p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>23</b> <span style="float: right;">CARB</span></p> <p><b>~WG Spaghetti w/ Meatballs &amp; WG Breadstick</b> <span style="float: right;"><b>42</b></span></p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>24</b> <span style="float: right;">CARB</span></p> <p><b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes &amp; WG Roll</b> <span style="float: right;"><b>20</b></span></p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>25</b> <span style="float: right;">CARB</span></p> <p><b>^Cheese Stuffed Crust WG Pizza</b> <span style="float: right;"><b>31</b></span></p> <p>Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
<p><b>28</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p><b>29</b> <span style="float: right;">CARB</span></p> <p><b>+Hot Dog on WG Bun w/ Mixed Vegetables</b> <span style="float: right;"><b>12</b></span></p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>30</b> <span style="float: right;">CARB</span></p> <p><b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> <span style="float: right;"><b>40</b></span></p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>31</b> <span style="float: right;">CARB</span></p> <p><b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <span style="float: right;"><b>24</b></span></p> <p>Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p><b>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 <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/foodassistance</a>.</b></p> <p style="font-size: small;">12.18 · DFNS This institution is an equal opportunity provider.</p> 