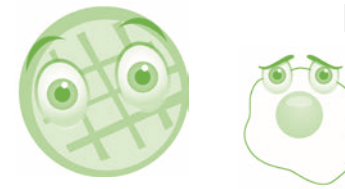


# MARCH 2019 ELEMENTARY MENU



DIVISION OF FOOD & NUTRITION SERVICES  
MONTGOMERY COUNTY PUBLIC SCHOOLS

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS
breakfast	daily	<b>M</b>	<b>WG Beef Sausage Bagel~</b> <b>26</b>	<b>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.</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
paid	\$1.30	<b>T</b>	<b>WG Pancakes^</b> <b>35</b>	
reduced	\$.00	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</b> <b>35</b>	
lunch	daily	<b>TH</b>	<b>WG Breakfast Sandwich</b> <b>26-28</b>	
paid	\$2.55	<b>F</b>	<b>WG Cinnamon Roll^</b> <b>38</b>	
reduced	\$.40	<b>SERVED DAILY</b> Assorted Fruit/Fruit Juice Fat Free or 1% Milk		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Menu Key: ~Beef Carb = Carbohydrates ^Meatless pPeanuts +Poultry \*Pork 🌶️Spicy ♻️Vegan WG = Whole Grain

## LUNCH

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>.

**1** CARB

**^Cheese or +-Pepperoni Personal WG Pizza** **31**

OR

**+~Spicy WG Chicken Patty Sandwich** **9**

Tossed Salad w/ Ranch Dressing  
Assorted Fruit  
Fat Free or 1% Milk

## NATIONAL SCHOOL BREAKFAST WEEK

<p><b>4</b> <small>CARB</small></p> <p><b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b> <b>20</b></p> <p>OR</p> <p><b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> <b>50</b></p> <p>Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk</p>	<p><b>5</b> <small>CARB</small></p> <p><b>+WG Chicken Drumstick w/ Rosemary Potatoes &amp; WG Breadstick</b> <b>37</b></p> <p>OR</p> <p><b>^Vegetarian Chik Nuggets w/ Seasoned Potatoes &amp; WG Breadstick</b> <b>45</b></p> <p>Baked Fries Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk</p>	<p><b>6</b> <b>HEAR THE MARYLAND CRUNCH</b> <small>CARB</small></p> <p><b>WG Potato Crisp Fish Sandwich w/ Baked Fries</b> <b>31</b></p> <p>OR</p> <p><b>+Chicken Ham &amp; Cheese on WG Croissant</b> <b>32</b></p> <p>^Chili Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p>	<p><b>7</b> <small>CARB</small></p> <p><b>^WG Cheese Crunchers w/ Marinara Sauce</b> <b>40</b></p> <p>OR</p> <p><b>♻️Mediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips &amp; Roasted Chickpeas</b> <b>71 (54)</b></p> <p>Tossed Salad w/ Ranch Dressing Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk</p>	<p><b>8</b> <small>CARB</small></p> <p><b>^Cheese or +-Pepperoni Stuffed Crust WG Pizza</b> <b>31</b></p> <p>OR</p> <p><b>~Cafe Burger on WG Bun w/ Corn</b> <b>12</b></p> <p>Broccoli Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk</p>
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# MARCH 2019 ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> CARB <b>+Hot Dog w/ Mac &amp; Cheese &amp; WG Roll</b> 23 OR <b>^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions &amp; WG Croissant</b> 26 Salsa Grape Tomatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	<b>12</b> CARB <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 51 OR <b>~Cafe Burger on WG Bun w/ Rosemary Potatoes</b> 48 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	<b>13</b> CARB <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> 44 OR <b>~Philly Cheese Steak w/ Seasoned Potatoes on WG Hot Dog Bun</b> 31 Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>14</b> CARB <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 24 OR <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> 42 +Chicken Ancient Grains Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>15</b> CARB <b>^Cheese or +~Pepperoni Personal WG Pizza</b> 31 OR <b>+~Spicy WG Chicken Patty Sandwich</b> 9 Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
<b>18</b> CARB <b>+WG Chicken Bites w/ Mixed Vegetables &amp; WG Roll</b> 36 OR <b>^Vegetarian Cheese Enchiladas</b> 31 Baby Carrots Salsa Assorted Fruit Fat Free or 1% Milk	<b>19</b> CARB <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> 32 OR <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> 44 Baked Fries Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	<b>20</b> CARB <b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes &amp; WG Roll</b> 18 OR <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 51 Tossed Salad w/ Ranch Dressing Broccoli Cheese Soup Assorted Fruit Fat Free or 1% Milk	<b>21</b> CARB <b>+WG Chicken Nuggets w/ Blueberry Bread</b> 42 OR <b>vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips &amp; Roasted Chickpeas</b> 71 (54) Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>22</b> CARB <b>^Cheese or +~Pepperoni Stuffed Crust WG Pizza</b> 31 OR <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> 31 Roasted Chickpeas Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
<b>25</b> CARB <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> 32 OR <b>^WG Twisted Blueberry Cheese Breadstick</b> 48 Baked Fries Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	<b>26</b> CARB <b>+Hot Dog on WG Bun w/ Mixed Vegetables</b> 12 OR <b>+Coconut Chicken Curry w/ WG Rice &amp; WG Roll</b> 32 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	<b>27</b> CARB <b>WG French Toast Sticks w/ Scrambled Eggs</b> 28 OR <b>+BBQ Pulled Turkey w/ Cornbread Bowl</b> 45 Cucumber Slices Broccoli Assorted Fruit Fat Free or 1% Milk	<b>28</b> CARB <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 24 OR <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> 42 Salsa vButternut Squash Soup Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>29</b> CARB <b>^Cheese or +~Pepperoni Personal WG Pizza</b> 31 OR <b>+~Spicy WG Chicken Patty Sandwich</b> 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 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.

## 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](http://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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