

MARCH 2019

PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS	
breakfast	daily	M	WG Beef Sausage Bagel~	26	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^	35	
reduced	\$0.00	W	WG Bagel w/ Cream Cheese or Jelly^	35	
lunch	daily	TH	WG Breakfast Sandwich	26-28	
paid	\$2.55	F	WG Cinnamon Roll^	38	
reduced	\$0.00	SERVED DAILY			
		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 ^Vegan WG = Whole Grain

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>		<p>1 ^WG Cheese Personal Pizza CARB 31 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
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NATIONAL SCHOOL BREAKFAST WEEK

<p>4 +WG Chicken Bites w/ Cheesy Spinach & WG Scoops CARB 20 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>5 ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick CARB 45 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>6 HEAR THE MARYLAND CRUNCH +Chicken Ham & Cheese on WG Croissant CARB 32 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>7 ^WG Cheese Crunchers w/ Marinara Sauce CARB 40 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>8 ^Cheese Stuffed Crust WG Pizza CARB 31 Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 +Hot Dog on WG Bun w/ Mac & Cheese 23 CARB Grape Tomatoes Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	12 ^WG Pancakes w/ Yogurt & String Cheese 51 CARB Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	13 ^WG Grilled Cheese Sandwich w/ Baked Fries 44 CARB Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	14 ~Taco w/ Corn & Edamame w/ WG Scoops 24 CARB Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	15 ^WG Cheese Personal Pizza 31 CARB Cucumber Slices Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk
18 +WG Chicken Bites w/ Mixed Vegetables & WG Roll 36 CARB Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	19 ^WG Grilled Cheese Sandwich w/ Baked Fries 44 CARB Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	20 ^WG Pancakes w/ Yogurt & String Cheese 51 CARB Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	21 +WG Chicken Nuggets w/ Blueberry Bread 42 CARB Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	22 ^Cheese Stuffed Crust WG Pizza 31 CARB Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk
25 +WG Chicken Patty on WG Bun w/ Baked Fries 32 CARB Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	26 +Hot Dog on WG Bun w/ Mixed Vegetables 12 CARB Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	27 WG French Toast Sticks w/ Scrambled Eggs 28 CARB Cucumber Slices Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	28 ~Taco w/ Corn & Edamame w/ WG Scoops 24 CARB Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	29 ^WG Cheese Personal Pizza 31 CARB Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk

