

MAY 2019

DIVISION OF FOOD & NUTRITION SERVICES

MONTGOMERY COUNTY PUBLIC SCHOOLS

ELEMENTARY CARB 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	\$.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	\$.40	SERVED DAILY Assorted Fruit/Fruit Juice Fat Free or 1% Milk				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
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 ~Cafe Burger on WG Bun w/ Corn 12 OR +Turkey & Cheese on WG Croissant 32 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	2 CARB ^WG Cheese Crunchers w/ Marinara Sauce 40 OR vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas 71 (54) Tossed Salad w/ Ranch Dressing Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	3 CARB ^Cheese or +-Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		
	6 CARB +Hot Dog on WG Bun w/ Baked Fries 30 OR ^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 26 Salsa Assorted Fruit Fat Free or 1% Milk	7 CARB ^WG Pancakes w/ Yogurt & String Cheese 51 OR ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Baby Carrots Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	8 CARB +BBQ Pulled Turkey w/ WG Cornbread Bowl 45 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 31 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	9 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	10 CARB ^Cheese or +-Pepperoni Personal WG Pizza 31 OR +🌶️Spicy WG Chicken Patty Sandwich 9 Green Pepper Strips Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	

MAY 2019 ELEMENTARY CARB MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 CARB +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 18 OR ^WG Grilled Cheese Sandwich w/ Baked Fries 44 Baby Carrots Baked Fries Assorted Fruit Fat Free or 1% Milk	14 CARB +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 32 OR ^Vegetarian Cheese Enchiladas 31 Broccoli Salsa Fruit Pearls Assorted Fruit Fat Free or 1% Milk	15 CARB ^WG Pancakes w/ Yogurt & String Cheese 51 OR +Coconut Chicken Curry w/ WG Rice & WG Roll 32 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	16 CARB +WG Chicken Nuggets w/ Cranberry Bread 42 OR vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas 71 (54) Tossed Salad w/ Ranch Dressing Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	17 CARB ^Cheese or +-~Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
20 CARB *WG Pork Parmesan w/ Mashed Potatoes & WG Breadstick 31 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 19 Baby Carrots Baked Fries Assorted Fruit Fat Free or 1% Milk	21 CARB +Hot Dog on WG Bun w/ Mixed Vegetables 12 OR ^WG Twisted Blueberry Breadstick w/ Yogurt 48 Grape Tomatoes Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	22 CARB WG French Toast Sticks w/ Scrambled Eggs 28 OR ^Veggie Burger on WG Bun w/ Baked Fries 27 Cucumber Slices Broccoli Assorted Fruit Fat Free or 1% Milk	23 CARB ~Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 42 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	24 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
27 NO SCHOOL	28 CARB +WG Chicken Drumstick w/ Rosemary Potatoes & WG Roll 37 OR ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Roll 45 Baked Fries Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	29 CARB ^WG Cheese Crunchers w/ Marinara Sauce 40 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 50 Baby Carrots Broccoli Assorted Fruit Fat Free or 1% Milk	30 CARB +Turkey & Cheese on WG Croissant 32 OR vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas 71 (54) Tossed Salad w/ Ranch Dressing Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	31 CARB ^Cheese or +-~Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 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). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.

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