

MAY 2019

DIVISION OF FOOD & NUTRITION SERVICES

MONTGOMERY COUNTY PUBLIC SCHOOLS

PRE-K/HEADSTART CARB MENU

MEAL PRICES		BREAKFAST		
breakfast	daily	M	WG Beef Sausage Bagel~	26
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	\$.00		SERVED DAILY	
			Assorted Fruit/Fruit Juice	
			Fat Free or 1% Milk	

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	

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</p> <p>~Cafe Burger on WG Bun w/ Corn CARB 12</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>2</p> <p>^WG Cheese Crunchers w/ Marinara Sauce CARB 40</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>3</p> <p>^Cheese Stuffed Crust WG Pizza CARB 31</p> <p>Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
	<p>6</p> <p>+Hot Dog on WG Bun w/ Baked Fries CARB 30</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>7</p> <p>^WG Pancakes w/ Yogurt & String Cheese CARB 51</p> <p>Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>8</p> <p>+BBQ Pulled Turkey w/ WG Cornbread Bowl CARB 45</p> <p>Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>9</p> <p>~Taco w/ Corn & Edamame w/ WG Scoops CARB 24</p> <p>Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>

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PRE-K/HEADSTART CARB MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 CARB ^WG Grilled Cheese Sandwich w/ Baked Fries 44 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	14 CARB ^Vegetarian Cheese Enchiladas 31 Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	15 CARB ^WG Pancakes w/ Yogurt & String Cheese 51 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	16 CARB +WG Chicken Nuggets w/ Cranberry Bread 42 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	17 CARB ^Cheese Stuffed Crust WG Pizza 31 Cucumber Slices Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk
20 CARB ~Cafe Burger on WG Bun w/ Curly Potatoes 19 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	21 CARB +Hot Dog on WG Bun w/ Mixed Vegetables 12 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	22 CARB WG French Toast Sticks w/ Scrambled Eggs 28 Cucumber Slices Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	23 CARB ~Taco w/ Corn & Edamame w/ WG Scoops 24 Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	24 CARB ^WG Cheese Personal Pizza 31 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk
27 NO SCHOOL	28 CARB ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Roll 45 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	29 CARB ^WG Cheese Crunchers w/ Marinara Sauce 40 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	30 CARB +Turkey & Cheese on WG Croissant 32 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	31 CARB ^Cheese Stuffed Crust WG Pizza 31 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk

