

NOVEMBER 2018


PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS	
breakfast	daily	M	WG Mini Bagels^	240	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^	220	
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly^	130-236	
lunch	daily	TH	WG Breakfast Sandwich	120-285	
paid	\$2.55	F	WG Cinnamon Roll^ & Cheese Stick	240-300	
reduced	\$.00		SERVED DAILY Assorted Fruit/Fruit Juice 55-90 Fat Free or 1% Milk 80-100		

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 CARB ~Taco w/ Corn & Edamame w/ WG Scoops 24</p> <p>Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>2 CARB ^WG Cheese Personal Pizza 36</p> <p>Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>
			<p>5 CARB ~Cafe Burger on WG Bun w/ Mixed Vegetables 5</p> <p>Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk</p>	<p>6</p> <p>NO SCHOOL</p>

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PRE-K/HEADSTART MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 <small>CARB</small> Mac & Cheese w/ +WG Chicken Bites & WG Roll 25 Grape Tomatoes Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	13 <small>CARB</small> ^WG Pancakes w/ Yogurt & String Cheese 51 Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	14 <small>CARB</small> +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll 32 Cranberry Sauce Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	15 <small>CARB</small> ~Taco w/ Corn & Edamame & WG Scoops 24 Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	16 <small>CARB</small> ^WG Cheese Personal Pizza 36 Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk
19 <small>CARB</small> +WG Chicken Nuggets w/ Cheesy Spinach & WG Scoops 20 Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	20 <small>CARB</small> +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 32 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	21 <small>CARB</small> ~WG Spaghetti w/ Meatballs & WG Breadstick 42 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	22 NO SCHOOL	23 NO SCHOOL
26 <small>CARB</small> +WG Chicken Patty on WG Bun w/ Baked Fries 30 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	27 <small>CARB</small> ^WG 3 Cheese Calzone w/ Marinara Sauce 40 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	28 <small>CARB</small> +Hot Dog on WG Bun w/ Mixed Vegetables 17 Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	29 <small>CARB</small> ~Taco w/ Corn & Edamame & WG Scoops 24 Salsa Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk	30 <small>CARB</small> ^WG Cheese Personal Pizza 36 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk

