

# APRIL 2019 ELEMENTARY MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Beef Sausage Bagel~</b>	<b>235</b>	Nutrition, allergen, and gluten free information is available on the web at <a href="http://www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/">www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/</a>  Please note that the calculated calories of some main choices may include a whole grain item that has a calorie range of 70-180 calories.
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes^</b>	<b>220</b>	
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</b>	<b>130-236</b>	
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>	<b>120-285</b>	
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll^</b>	<b>232</b>	
<b>reduced</b>	<b>\$.40</b>	<b>SERVED DAILY</b>			
			Assorted Fruit/Fruit Juice	55-90	
			Fat Free or 1% Milk	80-120	

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

## LUNCH

<p><b>1</b> CAL</p> <p><b>+WG Chicken Bites w/ Green Beans &amp; Carrots &amp; WG Roll</b> 263</p> <p style="text-align: center;">OR</p> <p><b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> 435</p> <p>Baby Carrots 30 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p><b>2</b> CAL</p> <p><b>+WG Chicken Drumstick w/ Rosemary Potatoes &amp; WG Breadstick</b> 390</p> <p style="text-align: center;">OR</p> <p><b>^Vegetarian Chik Nuggets w/ Seasoned Potatoes &amp; WG Breadstick</b> 430</p> <p>Baked Fries 110 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p><b>3</b> CAL</p> <p><b>~Cafe Burger on WG Bun w/ Corn</b> 290</p> <p style="text-align: center;">OR</p> <p><b>+Turkey &amp; Cheese on WG Croissant</b> 317</p> <p>^Chili Soup 179 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p><b>4</b> CAL</p> <p><b>^WG Cheese Crunchers w/ Marinara Sauce</b> 336</p> <p style="text-align: center;">OR</p> <p><b>vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips &amp; Roasted Chickpeas</b> 458 (407)</p> <p>Tossed Salad w/ Ranch Dressing 92 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p><b>5</b> CAL</p> <p><b>^Cheese or +-Pepperoni Stuffed Crust WG Pizza</b> 320-330</p> <p style="text-align: center;">OR</p> <p><b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> 470</p> <p>Green Pepper Strips 15 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>
<p><b>8</b> CAL</p> <p><b>+Hot Dog on WG Bun w/ Mixed Vegetables</b> 362</p> <p style="text-align: center;">OR</p> <p><b>^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions &amp; WG Croissant</b> 466</p> <p>Salsa 45 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p><b>9</b> CAL</p> <p><b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 370</p> <p style="text-align: center;">OR</p> <p><b>~WG Spaghetti w/ Meatballs &amp; WG Breadstick</b> 385</p> <p>Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p><b>10</b> CAL</p> <p><b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes &amp; WG Roll</b> 363</p> <p style="text-align: center;">OR</p> <p><b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> 394</p> <p>Baked Fries 110 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p><b>11</b> CAL</p> <p><b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 346</p> <p style="text-align: center;">OR</p> <p><b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> 440</p> <p>+Chicken Ancient Grains Soup 153 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p><b>12</b> CAL</p> <p><b>^Cheese or +-Pepperoni Personal WG Pizza</b> 320-330</p> <p style="text-align: center;">OR</p> <p><b>+🌶️Spicy WG Chicken Patty Sandwich</b> 341</p> <p>Cucumber Slices 14 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120</p>

# APRIL 2019 ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15</b> <span style="float: right;">CAL</span> <b>+WG Chicken Bites w/ Corn &amp; WG Roll</b> <span style="float: right;">308</span> <b>OR</b> <b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun</b> <span style="float: right;">567</span> Grape Tomatoes 16 Baked Fries 110 Fruit Pearls 40 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>16</b> <span style="float: right;">CAL</span> <b>~Cafe Burger on WG Bun w/ Rosemary Potatoes</b> <span style="float: right;">418</span> <b>OR</b> <b>^Vegetarian Cheese Enchiladas</b> <span style="float: right;">357</span> Salsa 45 Baby Carrots 30 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>17</b> <p style="text-align: center;"><b>NO SCHOOL SPRING BREAK</b></p>	<b>18</b> <p style="text-align: center;"><b>NO SCHOOL SPRING BREAK</b></p>	<b>19</b> <p style="text-align: center;"><b>NO SCHOOL SPRING BREAK</b></p>
<b>22</b> <p style="text-align: center;"><b>NO SCHOOL SPRING BREAK</b></p>	<b>23</b> <span style="float: right;">CAL</span> <b>+Hot Dog on WG Bun w/ Mixed Vegetables</b> <span style="float: right;">362</span> <b>OR</b> <b>+Coconut Chicken Curry w/ WG Rice &amp; WG Roll</b> <span style="float: right;">338</span> Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>24</b> <span style="float: right;">CAL</span> <b>WG French Toast Sticks w/ Scrambled Eggs</b> <span style="float: right;">260</span> <b>OR</b> <b>+BBQ Pulled Turkey w/ WG Cornbread Bowl</b> <span style="float: right;">360</span> Grape Tomatoes 16 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>25</b> <span style="float: right;">CAL</span> <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <span style="float: right;">346</span> <b>OR</b> <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> <span style="float: right;">440</span> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>26</b> <span style="float: right;">CAL</span> <b>^Cheese or +-Pepperoni Personal WG Pizza</b> <span style="float: right;">320-330</span> <b>OR</b> <b>+~Spicy WG Chicken Patty Sandwich</b> <span style="float: right;">341</span> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
<b>29</b> <span style="float: right;">CAL</span> <b>^WG Twisted Blueberry Breadstick w/ Yogurt</b> <span style="float: right;">460</span> <b>OR</b> <b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> <span style="float: right;">435</span> Baby Carrots 30 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>30</b> <span style="float: right;">CAL</span> <b>+WG Chicken Drumstick w/ Rosemary Potatoes &amp; WG Breadstick</b> <span style="float: right;">390</span> <b>OR</b> <b>^Vegetarian Chik Nuggets w/ Seasoned Potatoes &amp; WG Breadstick</b> <span style="float: right;">430</span> Baked Fries 110 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<p style="text-align: center;"><b>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 <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/foodassistance</a>.</b></p>		

## 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 recurring 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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