

DECEMBER 2018

PRE-K/HEADSTART MENU

DIVISION OF FOOD & NUTRITION SERVICES

MONTGOMERY COUNTY PUBLIC SCHOOLS

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO
breakfast	daily	M	WG Mini Bagels^	<i>Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, and bagel with yogurt. Please check with your school cafeteria manager for your options.</i> <i>Please check the website for menu changes in the event of a change to the school schedule.</i>	Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/ 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.
paid	\$1.30	T	WG Pancakes^		
reduced	\$0.00	W	WG Bagel w/ Cream Cheese or Jelly^		
lunch	daily	TH	WG Breakfast Sandwich		
paid	\$2.55	F	WG Cinnamon Roll^ & Cheese Stick		
reduced	\$0.00	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 Cal = Calories ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain

LUNCH

3 CAL ~Cafe Burger on WG Bun w/ Mixed Vegetables 288 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	4 CAL +Mini Chicken Tacos w/ Corn, Edamame & WG Mini Flatbread 380 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	5 CAL ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 430 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	6 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	7 CAL ^Cheese Stuffed Crust WG Pizza 320 Broccoli 15 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
10 CAL Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 546 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	11 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	12 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	13 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	14 CAL ^WG Cheese Personal Pizza 330 Cucumber Slices 14 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 WG 3 Cheese Calzone w/ Marinara Sauce Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CAL 314 60-90 80-100	18 ~Cafe Burger on WG Bun w/ Curly Potatoes Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CAL 410 30 60-90 80-100	19 ~WG Spaghetti w/ Meatballs & WG Breadstick Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CAL 385 60-90 80-100	20 ^WG Grilled Cheese Sandwich w/ Baked Fries Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CAL 394 60-90 80-100	21 ^Cheese Stuffed Crust WG Pizza Baby Carrots Assorted Fresh Fruit or Fruit Cup Fat Free or 1% Milk CAL 320 30 60-90 80-100
24 NO SCHOOL WINTER BREAK	25 NO SCHOOL WINTER BREAK	26 NO SCHOOL WINTER BREAK	27 NO SCHOOL WINTER BREAK	28 NO SCHOOL WINTER BREAK
31 NO SCHOOL WINTER BREAK	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://mcofoodcouncil.org/foodassistance .			

