

JANUARY 2019

PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO	
breakfast	daily	M	WG Beef Sausage Bagel^	<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^			235
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly^			220
lunch	daily	TH	WG Breakfast Sandwich			130-236
paid	\$2.55	F	WG Cinnamon Roll^ & Cheese Stick			120-285
reduced	\$.00		SERVED DAILY	240-300		
			Assorted Fruit/Fruit Juice	55-90		
			Fat Free or 1% Milk	80-100		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain

LUNCH

	1	2	3	4
	NO SCHOOL	+WG Chicken Patty on WG Bun w/ Baked Fries 440 CAL Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	~Taco w/ Corn & Edamame & WG Scoops 346 CAL Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	^WG Cheese Personal Pizza 330 CAL Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
7	8	9	10	11
~Cafe Burger on WG Bun w/ Corn 290 CAL Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	+Hot Dog on WG Bun w/ Mixed Vegetables 362 CAL Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 430 CAL Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	^WG Cheese Crunchers w/ Marinara Sauce 336 CAL Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	^Cheese Stuffed Crust WG Pizza 320 CAL Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

JANUARY 2019

PRE-K/HEADSTART MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14 CAL Mac & Cheese w/ +WG Chicken Bites & WG Roll 399 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	15 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	16 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	17 CAL +WG Chicken Nuggets w/ Cranberry Cornbread 402 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	18 CAL ^WG Cheese Personal Pizza 330 Cucumber Slices 14 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
21 NO SCHOOL	22 CAL ~Cafe Burger on WG Bun w/ Curly Potatoes 410 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	23 CAL ~WG Spaghetti w/ Meatballs & WG Breadstick 385 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	24 CAL +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 363 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	25 CAL ^Cheese Stuffed Crust WG Pizza 320 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
28 NO SCHOOL	29 CAL +Hot Dog on WG Bun w/ Mixed Vegetables 362 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	30 CAL ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	31 CAL ~Taco w/ Corn & Edamame & WG Scoops 346 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<p style="color: teal; font-weight: bold;">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 style="font-size: small;">5677.19.ar • 12.18 • DFNS This institution is an equal opportunity provider.</p>