

# JUNE 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			
<b>Menu Key:</b> ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ♻️Vegan WG = Whole Grain									
LUNCH									
<b>3</b>	CAL	<b>4</b>	CAL	<b>5</b>	CAL	<b>6</b>	CAL	<b>7</b>	CAL
<b>+Hot Dog on WG Bun w/ Mixed Vegetables</b>	<b>362</b>	<b>WG French Toast Sticks w/ Scrambled Eggs</b>	<b>260</b>	<b>~WG Spaghetti w/ Meatballs &amp; WG Breadstick</b>	<b>385</b>	<b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b>	<b>346</b>	<b>^Cheese or +~Pepperoni Personal WG Pizza</b>	<b>320-330</b>
OR		OR		OR		OR		OR	
<b>^WG Twisted Blueberry Breadstick w/ Yogurt</b>	<b>460</b>	<b>~Philly Cheese Steak w/ Green Beans &amp; Carrots on WG Hot Dog Bun</b>	<b>xxx</b>	<b>+BBQ Pulled Turkey w/ WG Cornbread Bowl</b>	<b>360</b>	<b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b>	<b>440</b>	<b>+🌶️Spicy WG Chicken Patty Sandwich</b>	<b>341</b>
Baked Fries	110	Bun	xxx	Tossed Salad w/ Ranch Dressing	92	Salsa	45	Cucumber Slices	14
Celery Sticks	3	Baby Carrots	30	Assorted Fruit	60-90	Tossed Salad w/ Ranch Dressing	92	Assorted Fresh Vegetables	20-25
Individual Serving Peanut Butter Cup	200	Roasted Chickpeas	160	Fat Free or 1% Milk	80-120	Assorted Fruit	60-90	Assorted Fruit	60-90
Assorted Fruit	60-90	Assorted Fruit	60-90			Fat Free or 1% Milk	80-120	Fat Free or 1% Milk	80-120
Fat Free or 1% Milk	80-120	Fat Free or 1% Milk	80-120						
<b>10</b>	CAL	<b>11</b>	CAL	<b>12</b>	CAL	<b>13</b>	CAL	<b>14</b>	CAL
<b>+WG Chicken Drumstick w/ Rosemary Potatoes &amp; WG Roll</b>	<b>390</b>	<b>+WG Chicken Nuggets w/ Corn, Green Beans &amp; WG Roll</b>	<b>354</b>	<b>^WG Pancakes w/ Yogurt &amp; String Cheese</b>	<b>370</b>	<b>^Cheese or +~Pepperoni Personal WG Pizza</b>	<b>320-330</b>	<b>^WG Grilled Cheese Sandwich</b>	<b>280</b>
OR		OR		OR		OR		OR	
<b>~Hamburger on WG Bun w/ Baked Fries</b>	<b>410</b>	<b>^Veggie Burger on WG Bun w/ Seasoned Potatoes</b>	<b>xxx</b>	<b>Manager's Choice</b>		<b>Manager's Choice</b>		<b>^WG Peanut Butter &amp; Jelly Sandwich</b>	<b>550</b>
Assorted Fresh Vegetables	20-25	Bun	xxx	Assorted Fresh Vegetables	20-25	Assorted Fresh Vegetables	20-25	OR	
Assorted Fruit	60-90	Assorted Fresh Vegetables	20-25	Assorted Fruit	60-90	Assorted Fruit	60-90	<b>Manager's Choice</b>	
Fat Free or 1% Milk	80-120	Assorted Fruit	60-90	Fat Free or 1% Milk	80-120	Fat Free or 1% Milk	80-120	Assorted Fresh Vegetables	20-25
		Fat Free or 1% Milk	80-120					Assorted Fruit	60-90
								Fat Free or 1% Milk	80-120