

# JUNE 2019

# PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO	
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Beef Sausage Bagel~</b>	<i>Other daily entree choices may include beef cheeseburger slider, peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. 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 <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>235</b>
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</b>			<b>220</b>
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>			<b>130-236</b>
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll^ &amp; Cheese Stick</b>			<b>120-285</b>
<b>reduced</b>	<b>\$.00</b>		<b>SERVED DAILY</b>			
			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

<b>3</b> CAL <b>+Hot Dog on WG Bun w/ Mixed Vegetables</b> <b>362</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>4</b> CAL <b>~Philly Cheese Steak w/ Green Beans &amp; Carrots on WG Hot Dog Bun</b> <b>421</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>5</b> CAL <b>~WG Spaghetti w/ Meatballs &amp; WG Breadstick</b> <b>385</b> Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>6</b> CAL <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <b>346</b> Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>7</b> CAL <b>^WG Cheese Personal Pizza</b> <b>330</b> Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
<b>10</b> CAL <b>~Hamburger on WG Bun w/ Baked Fries</b> <b>410</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>11</b> CAL <b>+WG Chicken Nuggets w/ Corn, Green Beans &amp; WG Roll</b> <b>354</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>12</b> CAL <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> <b>370</b> Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>13</b> CAL <b>^WG Cheese Personal Pizza</b> <b>330</b> Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>14</b> CAL <b>^WG Grilled Cheese Sandwich (I/W)</b> <b>280</b> Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100