

MARCH 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 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 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	\$0.00	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	\$0.00		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

<p>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>1 ^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</p>
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NATIONAL SCHOOL BREAKFAST WEEK

<p>4 +WG Chicken Bites w/ Cheesy Spinach & WG Scoops 407 CAL Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100</p>	<p>5 ^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</p>	<p>6 +Chicken Ham & Cheese on WG Croissant 410 CAL Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100</p>	<p>7 ^WG Cheese Crunchers w/ Marinara Sauce 336 CAL Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100</p>	<p>8 ^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</p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 CAL +Hot Dog on WG Bun w/ Mac & Cheese 535 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	12 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	13 CAL ~Cafe Burger on WG Bun w/ Rosemary Potatoes 418 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	14 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	15 CAL ^WG Cheese Personal Pizza 330 Cucumber Slices 14 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
18 CAL +WG Chicken Bites w/ Mixed Vegetables & WG Roll 286 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	19 CAL ^WG Grilled Cheese Sandwich w/ Baked Fries 394 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	20 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	21 CAL +WG Chicken Nuggets w/ Blueberry Bread 412 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	22 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
25 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	26 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	27 CAL WG French Toast Sticks w/ Scrambled Eggs 260 Cucumber Slices 14 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	28 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	29 CAL ^WG Cheese Personal Pizza 330 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

