


MAY 2019

ELEMENTARY MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO	
breakfast	daily	M	WG Beef Sausage Bagel~	235	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^	220		
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly^	130-236		
lunch	daily	TH	WG Breakfast Sandwich	120-285		
paid	\$2.55	F	WG Cinnamon Roll^	232		
reduced	\$.40		SERVED DAILY			
			Assorted Fruit/Fruit Juice	55-90		
			Fat Free or 1% Milk	80-120		
MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDAY
Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ^Vegan WG = Whole Grain						
LUNCH						
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 .			1 CAL ~Cafe Burger on WG Bun w/ Corn 290	2 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336	3 CAL ^Cheese or +-Pepperoni Stuffed Crust WG Pizza 320-330	
			OR +Turkey & Cheese on WG Croissant 317	OR vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas 458 (407)	OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470	
			Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	Tossed Salad w/ Ranch Dressing 92 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	Cucumber Slices 14 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	
6 CAL +Hot Dog on WG Bun w/ Baked Fries 422	7 CAL ^WG Pancakes w/ Yogurt & String Cheese 370	8 CAL +BBQ Pulled Turkey w/ WG Cornbread Bowl 360	9 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346	10 CAL ^Cheese or +-Pepperoni Personal WG Pizza 320-330		
OR ^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 466	OR ~WG Spaghetti w/ Meatballs & WG Breadstick 385	OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 567	OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440	OR +🌶️Spicy WG Chicken Patty Sandwich 341		
Salsa 45 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	Salsa 45 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	Green Pepper Strips 15 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 CAL +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 363 OR ^WG Grilled Cheese Sandwich w/ Baked Fries 394 Baby Carrots 30 Baked Fries 110 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	14 CAL +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 344 OR ^Vegetarian Cheese Enchiladas 357 Broccoli 15 Salsa 45 Fruit Pearls 40 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	15 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 OR +Coconut Chicken Curry w/ WG Rice & WG Roll 338 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	16 CAL +WG Chicken Nuggets w/ Cranberry Bread 402 OR vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas 458 (407) Tossed Salad w/ Ranch Dressing 92 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	17 CAL ^Cheese or +~Pepperoni Stuffed Crust WG Pizza 320-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Cucumber Slices 14 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
20 CAL *WG Pork Parmesan w/ Mashed Potatoes & WG Breadstick 507 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 410 Baby Carrots 30 Baked Fries 110 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	21 CAL +Hot Dog on WG Bun w/ Mixed Vegetables 362 OR ^WG Twisted Blueberry Breadstick w/ Yogurt 460 Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	22 CAL WG French Toast Sticks w/ Scrambled Eggs 260 OR ^Veggie Burger on WG Bun w/ Baked Fries 390 Cucumber Slices 14 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	23 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	24 CAL ^Cheese or +~Pepperoni Personal WG Pizza 320-330 OR +~Spicy WG Chicken Patty Sandwich 341 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
27 <div style="text-align:center">NO SCHOOL</div>	28 CAL +WG Chicken Drumstick w/ Rosemary Potatoes & WG Roll 390 OR ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Roll 400 Baked Fries 110 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	29 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Baby Carrots 30 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	30 CAL +Turkey & Cheese on WG Croissant 317 OR vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas 458 (407) Tossed Salad w/ Ranch Dressing 92 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	31 CAL ^Cheese or +~Pepperoni Stuffed Crust WG Pizza 320-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120

PARENT INFORMATION

MySchoolBucks.com is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to **MySchoolBucks.com** to register.

RETURNED CHECKS ARE SUBJECT TO RECOVERY FOR THE FACE VALUE AND MARYLAND STATE ALLOWED FEE OF \$25.00 THROUGH AN ELECTRONIC DEBIT OR PAPER DRAFT TO THE SAME ACCOUNT. YOUR PAYMENT BY CHECK CONSTITUTES YOUR ACCEPTANCE OF THESE TERMS.

A LA CARTE OPTIONS

Did you know that, in addition to healthy meals, many schools offer a la carte options? All snack foods and beverages sold are in compliance with the MCPS Wellness Regulations (www.montgomeryschoolsmd.org/departments/policy/pdf/jpgra.pdf). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.

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