

MAY 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			
			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

<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>		1 CAL ~Cafe Burger on WG Bun w/ Corn 290 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	2 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	3 CAL ^Cheese Stuffed Crust WG Pizza 320 Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
		6 CAL +Hot Dog on WG Bun w/ Baked Fries 422 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	7 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	8 CAL +BBQ Pulled Turkey w/ WG Cornbread Bowl 360 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 CAL ^WG Grilled Cheese Sandwich w/ Baked Fries 394 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	14 CAL ^Vegetarian Cheese Enchiladas 357 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	15 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	16 CAL +WG Chicken Nuggets w/ Cranberry Bread 402 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	17 CAL ^Cheese Stuffed Crust WG Pizza 320 Cucumber Slices 14 Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
20 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	21 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	22 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	23 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	24 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
27 <p style="text-align: center; color: blue; font-weight: bold;">NO SCHOOL</p>	28 CAL ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Roll 430 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	29 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	30 CAL +Turkey & Cheese on WG Croissant 317 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	31 CAL ^Cheese Stuffed Crust WG Pizza 320 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

