

APRIL 2019

DIVISION OF FOOD & NUTRITION SERVICES

MONTGOMERY COUNTY PUBLIC SCHOOLS

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/ <i>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.</i>	
paid	\$1.30	T	WG Pancakes^			235
reduced	\$.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	\$.00		SERVED DAILY	240-300		
			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

1 CAL +WG Chicken Bites w/ Green Beans & Carrots & WG Roll 263 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	2 CAL ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 430 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	3 CAL ~Cafe Burger on WG Bun w/ Corn 290 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	4 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	5 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
8 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	9 CAL ~WG Spaghetti w/ Meatballs & WG Breadstick 385 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	10 CAL ^WG Grilled Cheese Sandwich w/ Baked Fries 394 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	11 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	12 CAL ^WG Cheese Personal Pizza 330 Cucumber Slices 14 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 +WG Chicken Bites w/ Corn & WG Roll 308 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	16 ~Cafe Burger on WG Bun w/ Rosemary Potatoes 418 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	17 NO SCHOOL SPRING BREAK	18 NO SCHOOL SPRING BREAK	19 NO SCHOOL SPRING BREAK
22 NO SCHOOL SPRING BREAK	23 +Hot Dog on WG Bun w/ Mixed Vegetables 362 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	24 WG French Toast Sticks w/ Scrambled Eggs 260 Grape Tomatoes 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	25 ~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	26 ^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
29 ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	30 ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 430 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	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.		5932.19.ar- 3.19 - DFNS This institution is an equal opportunity provider.

