

DECEMBER 2018 ELEMENTARY MENU

DIVISION OF FOOD & NUTRITION SERVICES
MONTGOMERY COUNTY PUBLIC SCHOOLS



MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO
breakfast	daily	M	WG Mini Bagels[^]	<i>Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, and bagel with yogurt. 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[^]		
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly[^]		
lunch	daily	TH	WG Breakfast Sandwich		
paid	\$2.55	F	WG Cinnamon Roll[^]		
reduced	\$.40		SERVED DAILY		
			Assorted Fruit/Fruit Juice	55-90	
			Fat Free or 1% Milk	80-120	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ^Vegan WG = Whole Grain 🍀 Lucky Plate Day

LUNCH

3 CAL +WG Chicken Bites w/ Cheesy Spinach & WG Scoops 407 OR ~Cafe Burger on WG Bun w/ Mixed Vegetables 288 Baby Carrots 30 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	4 CAL +Mini Chicken Tacos w/ Corn, Edamame & WG Mini Flatbreads 380 OR ^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 466 Salsa 45 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	5 CAL LUCKY PLATE +BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Breadstick 387 OR ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 430 Baked Fries 110 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	6 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 OR ^Garden Salad w/ Hummus, Cheesestick & WG Pita Chips 352 Broccoli Cheese Soup 205 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	7 CAL ^Cheese or +-Pepperoni Stuffed Crust WG Pizza 320-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Broccoli 15 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
10 CAL Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 546 OR +Hot Dog on WG Bun w/ Mixed Vegetables 362 Grape Tomatoes 16 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	11 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	12 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 567 Baked Fries 110 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	13 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440 Salsa 45 +Chicken Ancient Grains Soup 153 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	14 CAL ^Cheese or +-Pepperoni Personal WG Pizza 320-330 OR +🌶️Spicy WG Chicken Patty Sandwich 341 Cucumber Slices 14 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
17 <small>CAL</small> +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 363 OR WG 3 Cheese Calzone w/ Marinara Sauce 314 Baby Carrots 30 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	18 <small>CAL</small> +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 380 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 410 Curly Potatoes 140 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	19 <small>CAL</small> WG French Toast Sticks w/ *Sausage 346 OR ~WG Spaghetti w/ Meatballs & WG Breadstick 385 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	20 <small>CAL</small> ^WG Grilled Cheese Sandwich w/ Baked Fries 394 OR +Mediterranean Salad w/ Chicken Bites, WG Pita Chips & Roasted Chickpeas 521 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	21 <small>CAL</small> ^Cheese or +~Pepperoni Stuffed Crust WG Pizza 320-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Roasted Chickpeas 160 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
24 NO SCHOOL WINTER BREAK	25 NO SCHOOL WINTER BREAK	26 NO SCHOOL WINTER BREAK	27 NO SCHOOL WINTER BREAK	28 NO SCHOOL WINTER BREAK
31 NO SCHOOL WINTER BREAK	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 .			

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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