

# FEBRUARY 2019


## ELEMENTARY MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO	
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Beef Sausage Bagel~</b>	<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 <a href="http://www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/">www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/</a>  <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>	
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes^</b>			<b>235</b>
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</b>			<b>220</b>
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>			<b>130-236</b>
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll^</b>			<b>120-285</b>
<b>reduced</b>	<b>\$.40</b>		<b>SERVED DAILY</b>	<b>232</b>		
			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

### LUNCH

				<b>1</b> <span style="float: right;">CAL</span> <b>^Cheese or ++Pepperoni Personal WG Pizza</b> <b>320-330</b> <b>OR</b> <b>+🌶️Spicy WG Chicken Patty Sandwich</b> <b>341</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
<b>4</b> <span style="float: right;">CAL</span> <b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b> <b>407</b> <b>OR</b> <b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> <b>435</b> Baby Carrots 30 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>5</b> <span style="float: right;">CAL</span> <b>+BBQ Chicken Drumstick w/ Rosemary Potatoes &amp; WG Breadstick</b> <b>387</b> <b>OR</b> <b>^Vegetarian Chik Nuggets w/ Seasoned Potatoes &amp; WG Breadstick</b> <b>430</b> Baked Fries 110 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>6</b> <span style="float: right;">CAL</span> <b>~Cafe Burger on WG Bun w/ Corn</b> <b>290</b> <b>OR</b> <b>+Mesquite Chicken &amp; Cheese on WG Croissant</b> <b>410</b> vChili Soup 179 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>7</b> <span style="float: right;">CAL</span> <b>^WG Cheese Crunchers w/ Marinara Sauce</b> <b>336</b> <b>OR</b> <b>vMediterranean Salad w/ Hummus, WG Pita Chips &amp; Roasted Chickpeas</b> <b>521</b> Tossed Salad w/ Ranch Dressing 92 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>8</b> <span style="float: right;">CAL</span> <b>^Cheese or ++Pepperoni Stuffed Crust WG Pizza</b> <b>320-330</b> <b>OR</b> <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> <b>470</b> Broccoli 15 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120

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<b>11</b> CAL <b>+Hot Dog on WG Bun w/ Mac &amp; Cheese</b> 535 <b>OR</b> <b>^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions &amp; WG Croissant</b> 466 Salsa 45 Grape Tomatoes 16 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>12</b> CAL <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 370 <b>OR</b> <b>~Philly Cheese Steak w/ Seasoned Potatoes on WG Hot Dog Bun</b> 567 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>13</b> CAL <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> 394 <b>OR</b> <b>~Cheesy Burger on WG Bun w/ Baked Fries</b> 420 Baked Fries 110 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>14</b> CAL <b>+WG Chicken Nuggets w/ Blueberry Bread</b> 412 <b>OR</b> <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> 440 +Chicken Ancient Grains Soup 153 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>15</b> CAL <b>^Cheese or +-Pepperoni Personal WG Pizza</b> 320-330 <b>OR</b> <b>+~Spicy WG Chicken Patty Sandwich</b> 341 Cucumber Slices 14 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
<b>18</b> <b>NO SCHOOL</b>	<b>19</b> CAL <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> 344 <b>OR</b> <b>~Cafe Burger on WG Bun w/ Curly Potatoes</b> 410 Curly Potatoes 140 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>20</b> CAL <b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes &amp; WG Roll</b> 363 <b>OR</b> <b>^Vegetarian Cheese Enchiladas</b> 357 Salsa 45 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>21</b> CAL <b>~WG Spaghetti w/ Meatballs &amp; WG Breadstick</b> 385 <b>OR</b> <b>vMediterranean Salad w/ Hummus, WG Pita Chips &amp; Roasted Chickpeas</b> 521 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>22</b> CAL <b>^Cheese or +-Pepperoni Stuffed Crust WG Pizza</b> 320-330 <b>OR</b> <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> 470 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
<b>25</b> CAL <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> 440 <b>OR</b> <b>~Cheesy Burger on WG Bun w/ Curly Potatoes</b> 420 Baked Fries 110 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>26</b> CAL <b>+Hot Dog on WG Bun w/ Mixed Vegetables</b> 362 <b>OR</b> <b>+Coconut Chicken Curry w/ WG Rice &amp; WG Roll</b> 338 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>27</b> CAL <b>WG French Toast Sticks w/ *Sausage</b> 346 <b>OR</b> <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> 314 Cucumber Slices 14 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>28</b> CAL <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 346 <b>OR</b> <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> 440 Salsa 45 vButternut Squash Soup 194 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>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 <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/foodassistance</a>.</b>

## 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](http://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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