

FEBRUARY 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 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^ & Cheese Stick		
reduced	\$.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

				1 ^WG Cheese Personal Pizza 330 <small>CAL</small> Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
4 +WG Chicken Bites w/ Cheesy Spinach & WG Scoops 407 <small>CAL</small> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	5 ^Vegetarian Chik Nuggets w/ Seasoned Potatoes & WG Breadstick 430 <small>CAL</small> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	6 ~Cafe Burger on WG Bun w/ Corn 290 <small>CAL</small> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	7 ^WG Cheese Crunchers w/ Marinara Sauce 336 <small>CAL</small> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	8 ^Cheese Stuffed Crust WG Pizza 320 <small>CAL</small> Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 CAL +Hot Dog on WG Bun w/ Mac & Cheese 535 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	12 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	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 +WG Chicken Nuggets w/ Blueberry Bread 412 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	15 CAL ^WG Cheese Personal Pizza 330 Cucumber Slices 14 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
18 NO SCHOOL	19 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	20 CAL +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 363 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	21 CAL ~WG Spaghetti w/ Meatballs & WG Breadstick 385 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	22 CAL ^Cheese Stuffed Crust WG Pizza 320 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
25 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	26 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	27 CAL ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	28 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	<p style="color: red; text-align: center;"> 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> <p style="font-size: small; text-align: center;"> 5729.19.ar - 1.19 - DFNS This institution is an equal opportunity provider. </p>

