

JANUARY 2019

ELEMENTARY 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/ <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^ | | | 120-285 |
| reduced | \$.40 | | SERVED DAILY | 232 | | |
| | | | Assorted Fruit/Fruit Juice | 55-90 | | |
| | | | Fat Free or 1% Milk | 80-120 | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ^Vegan WG = Whole Grain

LUNCH

| | | | | |
|---|--|--|--|---|
| | 1 | 2 | 3 | 4 |
| | NO SCHOOL WINTER BREAK | +WG Chicken Patty on WG Bun w/ Baked Fries 481 OR ~Cheesy Burger on WG Bun w/ Seasoned Potatoes 450 Baked Fries 110 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | ~Taco w/ Corn & Edamame w/ WG Scoops 346 OR WG 3 Cheese Calzone w/ Marinara Sauce 314 Salsa 45 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | ^Cheese or ++Pepperoni Personal WG Pizza 320-330 OR +🌶️Spicy WG Chicken Patty Sandwich 341 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 |
| 7 | | 8 | 9 | 10 |
| +WG Chicken Bites w/ Cheesy Spinach & WG Scoops 407 OR ~Cafe Burger on WG Bun w/ Corn 290 Baby Carrots 30 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | +Hot Dog on WG Bun w/ Mixed Vegetables 362 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 567 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | +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 | ^WG Cheese Crunchers w/ Marinara Sauce 336 OR vMediterranean Salad w/ Hummus, WG Pita Chips & Roasted Chickpeas 521 Broccoli Cheese Soup 205 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | ^Cheese or ++Pepperoni Stuffed Crust WG Pizza 320-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 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 |
|---|---|---|---|---|
| 14 CAL Mac & Cheese w/ +WG Chicken Bites & WG Roll 399 OR ^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 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 | 15 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 | 16 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ^WG Grilled Cheese Sandwich w/ Baked Fries 394 Baked Fries 110 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | 17 CAL +WG Chicken Nuggets w/ Cranberry Cornbread 402 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440 +Chicken Ancient Grains Soup 153 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | 18 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 |
| 21 <p style="text-align: center;">NO SCHOOL</p> | 22 CAL +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 344 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 410 Curly Potatoes 140 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | 23 CAL WG French Toast Sticks w/ *Sausage 346 OR ~WG Spaghetti w/ Meatballs & WG Breadstick 385 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | 24 CAL +Roast Turkey & Gravy w/ Mashed Potatoes & WG Breadstick 300 OR vMediterranean Salad w/ Hummus, WG Pita Chips & Roasted Chickpeas 521 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | 25 CAL ^Cheese or +~Pepperoni Stuffed Crust WG Pizza 320-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 |
| 28 <p style="text-align: center;">NO SCHOOL</p> | 29 CAL +Hot Dog on WG Bun w/ Mixed Vegetables 362 OR +Coconut Chicken Curry w/ WG Rice & WG Roll 338 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | 30 CAL WG French Toast Sticks w/ *Sausage 346 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Grape Tomatoes 16 Celery Sticks 3 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | 31 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440 Salsa 45 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120 | <p style="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> |

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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