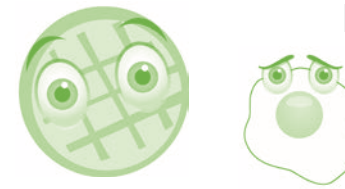


# MARCH 2019 ELEMENTARY MENU



DIVISION OF FOOD & NUTRITION SERVICES

MONTGOMERY COUNTY PUBLIC SCHOOLS

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 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 <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>  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.	
<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

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>.

**1** CAL

**^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

## NATIONAL SCHOOL BREAKFAST WEEK

<p><b>4</b> <span style="float: right;">CAL</span></p> <p><b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b> <b>407</b></p> <p><b>OR</b></p> <p><b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> <b>435</b></p> <p>Baby Carrots 30</p> <p>Grape Tomatoes 16</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>	<p><b>5</b> <span style="float: right;">CAL</span></p> <p><b>+WG Chicken Drumstick w/ Rosemary Potatoes &amp; WG Breadstick</b> <b>390</b></p> <p><b>OR</b></p> <p><b>^Vegetarian Chik Nuggets w/ Seasoned Potatoes &amp; WG Breadstick</b> <b>430</b></p> <p>Baked Fries 110</p> <p>Celery Sticks 3</p> <p>Individual Serving Peanut Butter Cup 200</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>	<p><b>6 HEAR THE MARYLAND CRUNCH</b> <span style="float: right;">CAL</span></p> <p><b>WG Potato Crisp Fish Sandwich w/ Baked Fries</b> <b>470</b></p> <p><b>OR</b></p> <p><b>+Chicken Ham &amp; Cheese on WG Croissant</b> <b>410</b></p> <p>^Chili Soup 179</p> <p>Tossed Salad w/ Ranch Dressing 92</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>	<p><b>7</b> <span style="float: right;">CAL</span></p> <p><b>^WG Cheese Crunchers w/ Marinara Sauce</b> <b>336</b></p> <p><b>OR</b></p> <p><b>vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips &amp; Roasted Chickpeas</b> <b>458 (407)</b></p> <p>Tossed Salad w/ Ranch Dressing 92</p> <p>Roasted Chickpeas 160</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>	<p><b>8</b> <span style="float: right;">CAL</span></p> <p><b>^Cheese or +-Pepperoni Stuffed Crust WG Pizza</b> <b>320-330</b></p> <p><b>OR</b></p> <p><b>~Cafe Burger on WG Bun w/ Corn</b> <b>290</b></p> <p>Broccoli 15</p> <p>Assorted Fresh Vegetables 20-25</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>
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# MARCH 2019 ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> CAL <b>+Hot Dog w/ Mac &amp; Cheese &amp; WG Roll</b> 535 OR <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 OR <b>~Cafe Burger on WG Bun w/ Rosemary Potatoes</b> 418 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 OR <b>~Philly Cheese Steak w/ Seasoned Potatoes on WG Hot Dog Bun</b> 567 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>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 346 OR <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 OR <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> CAL <b>+WG Chicken Bites w/ Mixed Vegetables &amp; WG Roll</b> 286 OR <b>^Vegetarian Cheese Enchiladas</b> 357 Baby Carrots 30 Salsa 45 Fruit Pearls 40 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>19</b> CAL <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> 344 OR <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> 394 Baked Fries 110 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 OR <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 370 Tossed Salad w/ Ranch Dressing 92 Broccoli Cheese Soup 205 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>21</b> CAL <b>+WG Chicken Nuggets w/ Blueberry Bread</b> 412 OR <b>vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips &amp; Roasted Chickpeas</b> 458 (407) 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 OR <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> 470 Roasted Chickpeas 160 Assorted Fresh Vegetables 20-25 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 OR <b>^WG Twisted Blueberry Cheese Breadstick</b> 380 Baby Carrots 30 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 OR <b>+Coconut Chicken Curry w/ WG Rice &amp; WG Roll</b> 338 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>27</b> CAL <b>WG French Toast Sticks w/ Scrambled Eggs</b> 260 OR <b>+BBQ Pulled Turkey w/ Cornbread Bowl</b> 360 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 OR <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>29</b> CAL <b>^Cheese or +-Pepperoni Personal WG Pizza</b> 320-330 OR <b>+~Spicy WG Chicken Patty Sandwich</b> 341 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120

## 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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