

NOVEMBER 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[^]			240
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
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Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ♻️Vegan WG = Whole Grain 🍀 Lucky Plate Day

LUNCH

<p>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>			1 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346	2 CAL ^Cheese or +-Pepperoni Personal WG Pizza 310-355
			OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440	OR +🌶️Spicy WG Chicken Patty Sandwich 341
			Salsa 5 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
5 CAL +WG Chicken Bites w/ Cheesy Spinach & WG Scoops 407 OR ~Cafe Burger on WG Bun w/ Mixed Vegetables 288 Baby Carrots 30 Salsa 45 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	6 <p style="text-align: center;">NO SCHOOL</p>	7 CAL LUCKY PLATE +BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll 290 OR ^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 466 Baked Fries 110 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	8 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 OR ^Vegetarian Nuggets w/ Corn, Green Beans & WG Roll 318 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	9 CAL ^Cheese or +-Pepperoni Stuffed Crust WG Pizza 320-365 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Tossed Salad w/ Ranch Dressing 92 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
12 CAL Mac & Cheese w/ +WG Chicken Bites & WG Roll 399 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	13 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	14 THANKSGIVING MEAL CAL +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll 363 Baked Fries 110 Cranberry Sauce 54 Tossed Salad w/ Ranch Dressing 92 100% Fruit Sorbet 70 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	15 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	16 CAL ^Cheese or +~Pepperoni Personal WG Pizza 310-355 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
19 CAL +WG Chicken Nuggets w/ Cheesy Spinach & WG Scoops 407 OR WG Cheesy Beef~ Enchiladas w/ Red Sauce 343 Baby Carrots 30 Salsa 45 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	20 CAL +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 344 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	21 CAL ^WG Grilled Cheese Sandwich w/ Baked Fries 394 OR ~WG Spaghetti w/ Meatballs & WG Breadstick 385 Roasted Chickpeas 160 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	NO SCHOOL	
26 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ~Cheesy Burger on WG Bun w/ Curly Potatoes 420 Baked Fries 110 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	27 CAL WG French Toast Sticks w/ *Sausage 346 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	28 CAL +Hot Dog on WG Bun w/ Mixed Vegetables 362 OR +Coconut Chicken Curry w/ Seasoned Potatoes & WG Roll 353 Cucumber Slices 14 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	29 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	30 CAL ^Cheese or +~Pepperoni Personal WG Pizza 310-355 OR +~Spicy WG Chicken Patty Sandwich 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). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.

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