

NOVEMBER 2018


PRE-K/HEADSTART MENU

| MEAL PRICES | | BREAKFAST | | DAILY ALTERNATES | NUTRITION INFO |
|------------------|---------------|-----------|---------------------------------------------|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| breakfast | daily | M | WG Mini Bagels^ | 240 | 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^ | 220 | |
| reduced | \$0.00 | W | WG Bagel w/ Cream Cheese or Jelly^ | 130-236 | |
| lunch | daily | TH | WG Breakfast Sandwich | 120-285 | |
| paid | \$2.55 | F | WG Cinnamon Roll^ & Cheese Stick | 240-300 | |
| reduced | \$0.00 | | SERVED DAILY | | |
| | | | Assorted Fruit/Fruit Juice | 55-90 | |
| | | | Fat Free or 1% Milk | 80-100 | |

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

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

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 ~Taco w/ Corn & Edamame w/ WG Scoops CAL 346 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 2 ^WG Cheese Personal Pizza CAL 330 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 |
| | | | 5 ~Cafe Burger on WG Bun w/ Mixed Vegetables CAL 288 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 6 NO SCHOOL |

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12 <small>CAL</small> Mac & Cheese w/ +WG Chicken Bites & WG Roll 399 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 13 <small>CAL</small> ^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 | 14 <small>CAL</small> +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll xxx Cranberry Sauce xx Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 15 <small>CAL</small> ~Taco w/ Corn & Edamame & WG Scoops 346 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 16 <small>CAL</small> ^WG Cheese Personal Pizza 330 Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 |
| 19 <small>CAL</small> +WG Chicken Nuggets w/ Cheesy Spinach & WG Scoops 407 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 20 <small>CAL</small> +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 344 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 21 <small>CAL</small> ~WG Spaghetti w/ Meatballs & WG Breadstick 385 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 22 NO SCHOOL | |
| 26 <small>CAL</small> +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 | 27 <small>CAL</small> ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 28 <small>CAL</small> +Hot Dog on WG Bun w/ Mixed Vegetables 362 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 29 <small>CAL</small> ~Taco w/ Corn & Edamame & WG Scoops 346 Salsa 45 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 | 30 <small>CAL</small> ^WG Cheese Personal Pizza 330 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100 |

