

# MAY ELEMENTARY 2021 MEALS

MONDAY 5/3/21		TUESDAY 5/4/21 + 5/5/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 5/6/21		FRIDAY 5/7/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY			
CAL		CAL		CAL		CAL		CAL	
<b>BREAKFAST</b>									
<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Raspberry Bar<sup>^WG</sup></b> 231	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70	<b>Multi Grain Cheerios<sup>^WG</sup></b> 100	<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b> 180	<b>Pancakes<sup>^WG</sup></b> 210-220			
Orange Juice 60	Apple Juice 60	Apple Juice 60	Apple Juice 60	Orange Juice 60	Apple Juice 60	Orange Juice 60			
Milk 90-120	Milk 90-120	Orange Juice 60	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120			
		Milk 90-120							
<b>LUNCH</b>									
<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 280	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	<b>Cheese Crunchers<sup>^WG</sup> w/ Broccoli</b> 440	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 342	<b>Chicken Ham<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 340	<b>Chicken Drumstick<sup>^WG</sup> w/ Baked Fries</b> 330	<b>Taco<sup>~</sup> w/ Corn<sup>^WG</sup></b> 169			
Baby Carrots 35	Veggie Juice 40	Marinara Cup 45	<b>OR</b>	Baby Carrots 35	Scoops <sup>WG</sup> 110	Scoops <sup>WG</sup> 110			
Fruit Sorbet 77	Blueberry Cup 40	Sliced Apples 30	<b>Pizza<sup>^WGIW</sup></b> 359	Fresh Fruit 30-96	Salsa Cup 25	Salsa Cup 25			
Milk 90-120	Milk 90-120	Milk 90-120	Grape Tomatoes w/ Ranch 9/55	Milk 90-120	Peaches 53	Peaches 53			
			Mixed Fruit 68		Milk 90-120	Milk 90-120			
			Milk 90-120						
<b>SUPPER</b>									
<b>Peanut Butter + Jelly Sandwich<sup>P WG</sup></b> 631	<b>Twisted Blueberry Sticks<sup>^WG</sup></b> 380	<b>Turkey Ham<sup>+</sup> + Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 222	<b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b> 320						
<b>OR</b>	<b>OR</b>								
<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	<b>Cheese Sticks + Pretzel<sup>^WGIW</sup></b> 118/140	Roasted Chickpeas 160	Baby Carrots 35						
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	Baby Carrots 35	Raisins 127	Peaches 53						
Veggie Juice 40	Fresh Fruit 30-96	Milk 90-120	Milk 90-120						
Craisins 110	Milk 90-120								
Milk 90-120									
<b>SNACK</b>									
<b>Snack Kit<sup>WG</sup></b> 200	<b>Cheese Crackers<sup>WG</sup></b> 100	<b>Cereal Bowl<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120						
	Capri Sun Juice 80	Milk 90-120	Milk 90-120						

**Online Process to Request Food Assistance Resources Available 24/7.** Residents looking for information on food assistance resources can now request help by completing a simple online form. Available in seven languages (Amharic, Chinese, English, French, Korean, Spanish, and Vietnamese), the form is reviewed by a trained resource specialist, and residents receive a return phone call within one business day. The specialist will determine a resident's individual food needs and help them locate food assistance in their community. No personally identifiable information is needed to get help. Information is available about free food distribution sites, free meal and grocery delivery, SNAP (Food Stamps), local food assistance providers, and other resources in Montgomery County. Residents can also call 311 and ask for the Food Access Call Center to get help with their food needs.

Menu Key: ~ Beef Cal Calories IW Individually Wrapped  
 ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

## ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>W</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

**Menu subject to change due to product supply.**

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# MAY ELEMENTARY 2021 MEALS

MONDAY 5/10/21		TUESDAY 5/11/21 + 5/12/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 5/13/21		FRIDAY 5/14/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL	
<b>BREAKFAST</b>							
<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Raspberry Bar<sup>^WG</sup></b> 231	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70	NO SCHOOL		<b>Multi Grain Cheerios<sup>^WG</sup></b> 100	<b>Beef Sausage<sup>-</sup> + Cheese</b>	<b>Pancakes<sup>^WG</sup></b> 210-220
Orange Juice 60	Apple Juice 60	Orange Juice 60			Apple Juice 60	<b>Mini Bagel<sup>WG IW</sup></b> 235	Orange Juice 60
Milk 90-120	Milk 90-120	Milk 90-120			Milk 90-120	Orange Juice 60	Milk 90-120
<b>LUNCH</b>							
<b>Chicken Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 350	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	<b>Pizza DIY Dipper Pack</b> 499 OR <b>Chicken Nuggets<sup>^WG</sup> w/ Corn</b> 318	NO SCHOOL		<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 342 OR <b>Pizza<sup>^WG IW</sup></b> 359	<b>Hamburger<sup>-</sup> on Bun<sup>WG</sup> w/ Baked Fries</b> 429	<b>Mandarin Orange<sup>+</sup> + Veggie Rice<sup>WG</sup></b> 290
Baby Carrots 35	Veggie Juice 40	Sliced Apples 30			Baby Carrots 35	Peaches 53	Veggie Juice 40
Fruit Sorbet 77	Blueberry Cup 40	Milk 90-120			Fresh Fruit 30-96	Milk 90-120	Raisins 127
Milk 90-120	Milk 90-120	Milk 90-120			Milk 90-120		Milk 90-120
<b>SUPPER</b>							
<b>Peanut Butter + Jelly Sandwich<sup>P WG</sup></b> 631 OR <b>Grilled Cheese Sandwich<sup>^WG IW</sup></b> 280 <b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	<b>Turkey Ham<sup>+</sup> + Turkey<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 222	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	NO SCHOOL				
Veggie Juice 40	Roasted Chickpeas 160	Veggie Juice 40					
Craisins 110	Mixed Fruit 68	Fresh Fruit 30-96					
Milk 90-120	Milk 90-120	Milk 90-120					
<b>SNACK</b>							
<b>Snack Kit<sup>WG</sup></b> 200	<b>Grahams<sup>WG</sup></b> 120	<b>Cereal Bowl<sup>WG</sup></b> 100	NO SCHOOL				
	Capri Sun Juice 80	Milk 90-120					

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Menu Key: ~ Beef Cal Calories IW Individually Wrapped  
<sup>^</sup> Meatless <sup>p</sup> Peanuts \* Pork + Poultry WG = Whole Grain

### ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pv</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

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# MAY ELEMENTARY 2021 MEALS

MONDAY 5/17/21		TUESDAY 5/18/21 + 5/19/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 5/20/21		FRIDAY 5/21/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY			
CAL		CAL		CAL		CAL		CAL	
<b>BREAKFAST</b>									
<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Raspberry Bar<sup>^WG</sup></b> 231	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70	<b>Multi Grain Cheerios<sup>^WG</sup></b> 100	<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Pancakes<sup>^WG</sup></b> 210-220	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b> 180			
Orange Juice 60	Apple Juice 60	Apple Juice 60	Apple Juice 60	Orange Juice 60	Apple Juice 60	Orange Juice 60			
Milk 90-120	Milk 90-120	Orange Juice 60 Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120			Milk 90-120
<b>LUNCH</b>									
<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	<b>Cheese Crunchers<sup>^WG</sup> w/ Broccoli</b> 440	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 342 OR <b>Pizza<sup>^WGIW</sup></b> 359	<b>Chicken Ham<sup>+</sup> + Cheese Croissant<sup>WG</sup></b> 340	<b>Chicken Drumstick<sup>+WG</sup> w/ Baked Fries</b> 330	<b>Taco<sup>~</sup> w/ Corn<sup>+WG</sup></b> 169			
Roasted Chickpeas 160	Veggie Juice 40	Marinara Cup 45	Grape Tomatoes w/ Ranch 9/55	Baby Carrots 35	Cookie <sup>WG</sup> 194	Scoops <sup>WG</sup> 110			
Fruit Sorbet 77	Blueberry Cup 40	Sliced Apples 30	Mixed Fruit 68	Fresh Fruit 30-96	Craisins 110	Salsa Cup 25			
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Peaches 53			Milk 90-120
<b>SUPPER</b>									
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631 OR <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280 <b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	<b>Hummus Cups<sup>^</sup> w/ Cheese Crackers<sup>WG</sup></b> 320	<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WG IW</sup></b> 227-280	<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280						
Veggie Juice 40	Baby Carrots 35	Peaches 53	Marinara Cup 4						
Dried Fruit Mix 120	Mixed Fruit 68	Fresh Fruit 30-96	Peaches 53						
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120						
<b>SNACK</b>									
<b>Snack Kit<sup>WG</sup></b> 200	<b>Cereal Bowl<sup>WG</sup></b> 100	<b>Cheese Crackers<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120						
	Milk 90-120	Capri Sun Juice 80	Milk 90-120						

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### ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups<sup>pv</sup> · Bagel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

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# MAY ELEMENTARY 2021 MEALS

MONDAY 5/24/21		TUESDAY 5/25/21 + 5/26/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 5/27/21		FRIDAY 5/28/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY	
CAL		CAL		CAL		CAL	
<b>BREAKFAST</b>							
<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Raspberry Bar<sup>^WG</sup></b> 231	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b> 130/70	<b>Multi Grain Cheerios<sup>^WG</sup></b> 100	<b>Cinnamon Roll<sup>^WG</sup></b> 232	<b>Beef Sausage<sup>~</sup> + Cheese</b>	<b>Egg + Cheese Wrap<sup>^WGIW</sup></b> 180	
Orange Juice 60	Apple Juice 60	Orange Juice 60	Apple Juice 60	Orange Juice 60	<b>Mini Bagel<sup>WGIW</sup></b> 235	Orange Juice 60	
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Apple Juice 60	Milk 90-120	
<b>LUNCH</b>							
<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 236-270	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b> 180/220	<b>Cheese Cavatappi<sup>WG^</sup></b> 428	<b>Chicken Bites<sup>+WG</sup> Salad<sup>+</sup></b> 230	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b> 342	<b>Hamburger<sup>~</sup> on Bun<sup>WG</sup></b>	<b>Thai Sweet Chili Chicken<sup>+</sup></b>	
Roasted Chickpeas 160	Veggie Juice 40	Baby Carrots 35	<b>OR</b>	<b>OR</b>	<b>w/ Baked Fries</b> 429	<b>w/ Veggie Rice<sup>WG</sup></b> 301	
Fruit Sorbet 77	Blueberry Cup 40	Sliced Apples 35	<b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b>	<b>Pizza<sup>^WGIW</sup></b> 359	Peaches 53	Veggie Juice 40	
Milk 90-120	Milk 90-120	Milk 90-120	<b>w/ Ranchero Beans</b> 302	Baby Carrots 35	Milk 90-120	Raisins 127	
			Mixed Fruit 68	Fresh Fruit 30-96		Milk 90-120	
			Milk 90-120	Milk 90-120			
<b>SUPPER</b>							
<b>Peanut Butter + Jelly Sandwich<sup>p WG</sup></b> 631	<b>Twisted Blueberry Sticks<sup>^WG</sup></b> 380	<b>Chicken Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> 350	<b>Pizza<sup>^WGIW</sup></b> 359				
<b>OR</b>	<b>OR</b>		Marinara Cup 45				
<b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> 280	<b>Cheese Sticks + Pretzel<sup>^WGIW</sup></b> 118/140	Baby Carrots 35	Mixed Fruit 68				
<b>Cheese Croissant Sandwich<sup>WG</sup></b> 330	Veggie Juice 40	Fresh Fruit 30-96	Milk 90-120				
Baby Carrots 35	Peaches 53	Milk 90-120					
Craisins 110	Milk 90-120						
Milk 90-120							
<b>SNACK</b>							
<b>Snack Kit<sup>WG</sup></b> 200	<b>Scoops<sup>WG</sup></b> 110	<b>Cereal Bowl<sup>WG</sup></b> 100	<b>Grahams<sup>WG</sup></b> 120				
	Capri Sun Juice 80	Milk 90-120	Milk 90-120				

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