

SEPTEMBER 2019

ELEMENTARY MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO				
breakfast	daily	M	WG Beef Sausage Bagel~	235	<p>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.</p> <p>Please check the website for menu changes in the event of a change to the school schedule.</p>				
paid	\$1.30	T	WG Pancakes^	220					
reduced	\$.00	W	WG Oatmeal Bar & Yogurt^	220					
lunch	daily	TH	WG Breakfast Sandwich	120-285					
paid	\$2.55	F	WG Cinnamon Roll^	232					
reduced	\$.40		SERVED DAILY						
			Assorted Fruit/Fruit Juice	55-90	<p>Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/</p> <p>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.</p>				
			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									
2		3		4		5		6	
NO SCHOOL		+WG Chicken Patty Sandwich w/ Curly Potatoes 411 OR ^Fiesta Cheese Omelet w/ Potatoes, Peppers, Onions & WG Croissant 466 Salsa 45 Baby Carrots 30 Baked Fries 110 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120		WG French Toast Sticks w/ *Sausage 346 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		~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		^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	
9		10		11		12		13	
+WG Chicken Bites w/ Cheesy Spinach & WG Scoops 407 OR ^WG Twisted Blueberry Breadsticks w/ Yogurt 460 Baby Carrots 30 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120		~Hamburger on WG Bun w/ Corn 290 OR ^Vegetarian Chik Nuggets w/ Rosemary Potatoes & WG Breadstick 430 Baked Fries 110 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120		+WG Chicken Drumstick w/ Seasoned Potatoes & WG Breadstick 390 OR +Turkey & Cheese on WG Croissant 317 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 or (Cheesestick), WG Pita Chips & Roasted Chickpeas 458 (407) Roasted Chickpeas 160 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
16 CAL +Hot Dog on WG Bun w/ Baked Fries 422 OR ^Veggie Burger on WG Bun w/ Curly Potatoes 390 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Baked Fries 110 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	17 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 OR ~Cheesesteak Bowl w/ Seasoned Potatoes & WG Roll 470 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	18 CAL ~WG Spaghetti w/ Meatballs & WG Breadstick 385 OR +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 363 Baked Fries 110 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	19 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	20 CAL ^Cheese or +-Pepperoni Personal WG Pizza 320-330 OR +~Spicy WG Chicken Patty Sandwich 341 Green Peppers 11 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
23 CAL ^WG Grilled Cheese Sandwich w/ Baked Fries 394 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Baby Carrots 30 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	24 CAL +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 344 OR WG Cheesy Beef~ Enchiladas w/ Red Sauce 343 Broccoli 15 Salsa 45 Fruit Pearls 40 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	25 CAL ~Hamburger on WG Bun w/ Corn 290 OR ^Veggie Burger on WG Bun w/ Baked Fries 390 Cucumber Slices 14 Broccoli 15 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	26 CAL +WG Chicken Nuggets w/ Cranberry Bread 402 OR vMediterranean Salad w/ Hummus or (Cheesestick), WG Pita Chips & Roasted Chickpeas 458 (407) Tossed Salad w/ Ranch Dressing 92 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	27 CAL ^Cheese or +-Pepperoni Stuffed Crust WG Pizza 320-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Grape Tomatoes 16 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
30 NO SCHOOL				

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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 This institution is an equal opportunity provider.

