

SEPTEMBER 2017 ELEMENTARY MENU

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>	Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx . 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				
			Assorted Fruit/Fruit Juice	55-90		
			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 §Shrimp 🍀Lucky Plate Day				

LUNCH

4 NO SCHOOL	5 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ~Cheesy Burger on WG Bun w/ Seasoned Potatoes 450 Baby Carrots 30 Baked Fries 110 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	6 CAL ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Broccoli 15 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Juice 60-90 Fat Free or 1% Milk 80-120	7 CAL WG French Toast Sticks w/ *Sausage 346 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Cucumber Slices 14 Romaine Salad 5 Assorted Fresh Fruit or Fruit Juice 60-90 Fat Free or 1% Milk 80-120	8 CAL ^Cheese or +Pepperoni WG Pizza 310-330 OR +🌶️Spicy WG Chicken Patty Sandwich 341 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120
11 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 OR +Chicken Bites w/ Cheesy Spinach & WG Scoops 407 Baby Carrots 30 Grape Tomatoes 16 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	12 CAL ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Hot Dog on WG Bun w/ Corn & Green Beans 235 Broccoli 15 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	13 CAL +BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll 290 OR ^WG Grilled Cheese Sandwich w/ Baked Fries 394 Baked Fries 110 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	14 CAL +WG Chicken Nuggets w/ WG Blueberry Bread 412 OR +Chicken Ham + Cheese on WG Bun 286 Tossed Salad w/ Ranch Dressing 92 Fresh Fruit Sorbet 70-80 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	15 CAL ^Cheese or +Pepperoni WG Pizza 310-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Baby Carrots 30 Assorted Fresh Vegetables 20-25 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 <small>CAL</small> Mac & Cheese w/ WG Chicken Nuggets+ & WG Roll 399 OR ^Egg & Turkey Chorizo+ Bowl w/ Seasoned Potatoes & WG Mini Flatbread 359 Broccoli 15 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	19 <small>CAL</small> ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR ^WG Pancakes w/ Yogurt & String Cheese 370 Grape Tomatoes 16 Celery Sticks 3 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	20 <small>CAL</small> +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 410 Baked Fries 110 Cucumber Slices 14 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	21 NO SCHOOL	22 <small>CAL</small> ^Cheese or +Pepperoni WG Pizza 310-330 OR +Spicy WG Chicken Patty Sandwich 341 Baby Carrots 30 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120

HOME GROWN SCHOOL LUNCH WEEK

25 <small>CAL</small> +WG Chicken Nuggets w/ Curly Potatoes & WG Roll 321 OR +Hot Dog on WG Bun w/ Corn 378 Curly Potatoes 140 Broccoli 15 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	26 <small>CAL</small> ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 344 Grape Tomatoes 16 Roasted Chickpeas 160 Local Apples or Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	27 <small>CAL</small> ^WG Pancakes w/ Yogurt & String Cheese 370 OR ^WG Spaghetti w/ Meatballs & WG Roll 355 Spinach Craisin Salad 160 Assorted Fresh Vegetables 8 Assorted Fresh Fruit or Fruit Juice 60-90 Fat Free or 1% Milk 80-120	28 <small>CAL</small> Taco w/ Corn & Edamame w/ WG Scoops 346 OR +Chicken Caesar Salad w/ WG Croutons & WG Pita Chips 282 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	29 <small>CAL</small> ^Cheese or +Pepperoni WG Pizza 310-330 OR ~WG BBQ Beef Sandwich w/ Corn 558 Cucumber Slices 14 Tossed Salad w/ Ranch Dressing 92 Watermelon or Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120
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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.

