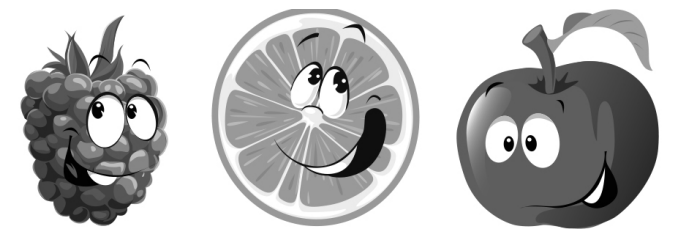


MONTGOMERY COUNTY PUBLIC SCHOOLS

CAFE BREAKFAST MIDDLE & HIGH SCHOOLS



Daily Menu

Whole Grain Breakfast Sandwich	CAL 185-330
Fruit	29-129
100% Fruit Juice	55-60
Choice of Milk ^o	80-120

MEAL PRICES

paid \$1.30
reduced \$0.00

WHOLE GRAIN BREAKFAST SANDWICH MAY INCLUDE:

Chicken Ham+ and Cheese	Egg Patty and Cheese^
Chicken Ham+	Sausage Patty*
Egg Patty^	Sausage Patty* and Cheese

Breakfast Sandwiches are served on a Whole Grain Swirl Roll or Whole Grain Hamburger Bun.

^ Meatless + Poultry *Pork WG Whole Grain
o Milk choices include Fat Free White, Fat Free Flavored, or 1% White

ALTERNATE ITEMS AVAILABLE DAILY. PLEASE CHECK WITH YOUR CAFETERIA.

Menu effective August 29, 2016

<http://www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx>

Daily Alternate Items May Include

WG Cereal Bowl with WG Toast^	CAL 190-280
WG Cereal Bowl with 4 oz. Yogurt^	160-190
WG Cereal Pouch^	200
2 Slices of Whole Grain Toast with Margarine and Jelly^	240-338
Whole Grain French Toast Sticks^ (w/ syrup)	166-(406)
Small Fruit and Yogurt Parfait with WG Granola^	239-260
WG Mini Pancakes^ (w/ syrup)	210-(450)
WG Bagel^ with Cream Cheese or Jelly	170-240
WG Cinnamon Roll^	240
WG Oatmeal Bar with 4 oz. Yogurt^	240
WG Mini Bagel^ with Cream Cheese	240
WG Pancakes^ (w/ syrup)	210-(450)
WG Maple Mini Waffles^ (w/ syrup)	200-(440)

Breakfast menus contain 4-5 items. Students must take 3 of the 4 items, one must be fruit or juice.