




FEBRUARY 2018

PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO									
breakfast	daily	M	WG Mini Bagels^ 240	<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^ 220											
reduced	\$.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^ w/ Cheese Stick 240-300											
reduced	\$.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														
									1	CAL	2	CAL		
									~Taco w/ Corn & Edamame & WG Scoops		346	^Cheese Stuffed Crust WG Pizza		320
									Tossed Salad w/ Ranch Dressing		92	Baby Carrots		30
									Assorted Fresh Fruit or Fruit Cup		60-90	Assorted Fresh Fruit or Fruit Cup		60-90
Fat Free or 1% Milk		80-100	Fat Free or 1% Milk		80-100									
5	CAL	6	CAL	7	CAL	8	CAL	9	CAL					
^WG Cheese Crunchers w/ Marinara Sauce		336	+Hot Dog on WG Bun w/ Corn		235	^WG Grilled Cheese Sandwich w/ Baked Fries		394	+WG Chicken Nuggets w/ Spiced Apples & WG Roll		365	^Cheese Stuffed Crust WG Pizza		320
Assorted Fresh Fruit or Fruit Cup		60-90	Assorted Fresh Fruit or Fruit Cup		60-90	Assorted Fresh Fruit or Fruit Cup		60-90	Tossed Salad w/ Ranch Dressing		92	Cucumber Slices		14
Fat Free or 1% Milk		80-100	Fat Free or 1% Milk		80-100	Fat Free or 1% Milk		80-100	Assorted Fresh Fruit or Fruit Cup		60-90	Assorted Fresh Fruit or Fruit Cup		60-90
						Fat Free or 1% Milk		80-100	Fat Free or 1% Milk		80-100	Fat Free or 1% Milk		80-100

FEBRUARY 2018

PRE-K/HEADSTART MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 CAL Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 399 Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	13 CAL ^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 CAL +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	15 CAL ~Taco w/ Corn & Edamame & WG Scoops 346 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	16 CAL ^Cheese Stuffed Crust WG Pizza 320 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
19 <p style="text-align: center;">NO SCHOOL</p>	20 CAL +Hot Dog on WG Bun w/ Corn 235 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	21 CAL ~WG Spaghetti w/ Meatballs & WG Roll 355 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	22 CAL ^WG Grilled Cheese Sandwich w/ Baked Fries 394 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	23 CAL ^Cheese Stuffed Crust WG Pizza 320 Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
26 CAL +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll 363 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	27 CAL ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	28 CAL ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<p style="color: red; font-weight: bold;"> 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>	

