

MAY 2017 ELEMENTARY MENU

DIVISION OF FOOD & NUTRITION SERVICES

MCPS MONTGOMERY COUNTY PUBLIC SCHOOLS



IT'S SPRING - GET ACTIVE

Everyone benefits from regular exercise!

KIDS WHO ARE ACTIVE USUALLY:

- Have stronger muscles and bones
- Are less likely to become overweight
- Have both lower blood pressures and cholesterol levels
- Have a decreased risk in developing Type II diabetes
- Sleep better

KIDS SHOULD BE ENCOURAGED TO WORK ON THE THREE ELEMENTS OF FITNESS:

- Endurance - basketball, bicycling, soccer, swimming, jogging and running
- Strength - climbing, gymnastics, pull-ups, wrestling
- Flexibility - stretching, reaching, gymnastics

During exercise and physical activity, remember to drink plenty of fluids — especially water.
Eat a wide variety of fruits and vegetables. Check out the cafeteria for healthy choices this month!

MEAL PRICES			
breakfast daily paid	\$1.30	lunch daily paid	\$2.55
reduced	\$.00	reduced	\$.40
BREAKFAST			
M	WG Mini Bagels	240	
T	WG Pancakes	220	
W	WG Maple Mini Waffles	200	
TH	WG Breakfast Sandwich	120-285	
F	WG Cinnamon Roll	240	
SERVED DAILY			
	Assorted Fruit/ Fruit Juice	55-90	
	Fat Free or 1% Milk	80-120	
DAILY ALTERNATES			
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.			
NUTRITION, ALLERGEN & 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.			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Key: -Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ♻️Vegan WG = Whole Grain \$Shrimp 🍀 Lucky Plate Day				
LUNCH				
1 CAL +WG Chicken Patty on WG Bun w/ French Fries 440 OR ~MoCo Burger w/ Cheese on WG Bun w/ Seasoned Potatoes 450 Baked Fries 110 Grape Tomatoes 16 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	2 CAL ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Roast Turkey, Stuffing & Mashed Potatoes w/ Gravy & WG Roll 363 Baby Carrots 30 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	3 CAL WG French Toast Sticks w/ *Sausage 346 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 314 Broccoli 15 Assorted Fresh Vegetables 8 Assorted Fresh Fruit or Fruit Juice 60-90 Fat Free or 1% Milk 80-120	4 CAL ~Taco w Corn & Edamame w/ WG Scoops 346 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440 Romaine Salad 5 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	5 CAL ^Cheese or +Pepperoni WG Pizza 310-330 OR +🌶️Spicy WG Chicken Patty Sandwich 341 Cucumber Slices 14 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120
8 CAL ^WG Cheese Crunchers w/ Marinara Sauce 336 OR +WG Chicken Bites w/ Cheesy Spinach & WG Scoops 407 Grape Tomatoes 16 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	9 CAL ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Hot Dog on WG Bun w/ Corn 368 Broccoli 15 Celery Sticks 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	10 CAL +BBQ Chicken Drumstick w/ Seasoned Potatoes & WG Roll 295 OR ^WG Grilled Cheese Sandwich w/ Baked Fries 394 Baked Fries 110 Cucumber Slices 14 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	11 CAL +WG Chicken Nuggets w/ WG Blueberry Bread 415 OR +Southwest Chicken Salad w/ WG Scoops 388 Romaine Salad 5 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	12 CAL ^Cheese or +Pepperoni WG Pizza 310-330 OR WG Potato Crisp Fish Sandwich w/ Baked Fries 394 Baby Carrots 30 Coleslaw 55 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120

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PARENT INFO

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>15 <small>CAL</small> +WG Chicken Patty on WG Bun w/ Curly Fries 510 OR +WG Grilled Cheese Sandwich w/ Baked Fries 394 Baked Curly Fries 140 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p>16 <small>CAL</small> +WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Cafe Burger on WG Bun w/ Seasoned Potatoes 410 Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p>17 <small>CAL</small> Mac & Cheese w/ +BBQ Chicken Drumsticks & WG Roll 451 OR +WG Pancakes & Yogurt w/ String Cheese 370 Cucumber Slices 14 Broccoli 15 Assorted Fresh Fruit or Fruit Juice 60-90 Fat Free or 1% Milk 80-120</p>	<p>18 <small>CAL</small> +Taco w Corn & Edamame w/ WG Scoops 346 OR +Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440 Romaine Salad 5 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p>19 <small>CAL</small> +WG Cheese or +Pepperoni WG Pizza 310-330 OR +WG 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</p>
<p>22 <small>CAL</small> +WG Pancakes & Yogurt w/ String Cheese 370 OR WG +Chili Mac & WG Roll 480 Grape Tomatoes 16 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 100% Fruit Sorbet 60 Fat Free or 1% Milk 80-120</p>	<p>23 <small>CAL</small> +WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Hot Dog on WG Bun w/ Baked Fries 422 Broccoli 15 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p>24 <small>CAL</small> +MoCo Burger w/ Cheese on WG Bun w/ Seasoned Potatoes 450 OR +WG Grilled Cheese Sandwich w/ Baked Fries 394 Baked Fries 110 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p>25 LUCKY PLATE <small>CAL</small> WG Fiesta Cheese Enchiladas w/ +Red Sauce 343 OR +WG Chicken Bites w/ Spiced Apples & WG Roll 354 Romaine Salad 5 Assorted Fresh Vegetables 8 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p>26 <small>CAL</small> +WG Cheese or +Pepperoni WG Pizza 310-330 OR +BBQ Beef on WG Bun w/ Corn 558 Baby Carrots 30 Cucumber Slices 14 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120</p>
<p>29 NO SCHOOL</p>	<p>30 <small>CAL</small> +WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Roasted Teriyaki Chicken Drumstick w/ WG Rice & WG Roll 348 Baby Carrots 30 Grape Tomatoes 16 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120</p>	<p>31 <small>CAL</small> WG French Toast Sticks w/ *Sausage 346 OR +WG 3 Cheese Calzone w/ Marinara Sauce 314 Broccoli 15 Roasted Chickpeas 160 Assorted Fresh Fruit or Fruit Juice 60-90 Fat Free or 1% Milk 80-120</p>		