

# MAY 2017 HEAD START/ PRE-K MENU

DIVISION OF FOOD & NUTRITION SERVICES



## 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 paid	\$2.55
reduced	\$0.00	reduced	\$0.00
BREAKFAST			
<b>M</b>	^WG Mini Bagels		240
<b>T</b>	^WG Pancakes		220
<b>W</b>	^WG Maple Mini Waffles		200
<b>TH</b>	WG Breakfast Sandwich		120-285
<b>F</b>	^WG Cinnamon Roll		240
<b>SERVED DAILY</b>			
	Assorted Fruit/		
	Fruit Juice		55-90
	Fat Free or 1% Milk		80-120
<b>DAILY ALTERNATES</b>			
<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>			
<b>NUTRITION, ALLERGEN &amp; GLUTEN FREE INFORMATION</b> is available on the web at <a href="http://www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx">www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx</a> .			
<i>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.</i>			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu Key:</b> -Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ^Vegan WG = Whole Grain \$Shrimp 🍀 Lucky Plate Day				
LUNCH				
<b>1</b> CAL	<b>2</b> CAL	<b>3</b> CAL	<b>4</b> CAL	<b>5</b> CAL
<b>~MoCo Burger w/ Cheese on WG Bun w/ Seasoned Potatoes 450</b>	<b>+Roast Turkey, Stuffing &amp; Mashed Potatoes w/ Gravy &amp; WG Roll 363</b>	<b>^WG 3 Cheese Calzone w/ Marinara Sauce 314</b>	<b>~Taco w Corn &amp; Edamame w/ WG Scoops 346</b>	<b>^Cheese WG Pizza 310</b>
Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% White Milk 80-100	Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% White Milk 80-100	Apple Juice 60 Fat Free or 1% White Milk 80-100	Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% White Milk 80-100	Cucumber Slices 14 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% White Milk 80-100
<b>8</b> CAL	<b>9</b> CAL	<b>10</b> CAL	<b>11</b> CAL	<b>12</b> CAL
<b>^WG Cheese Crunchers w/ Marinara Sauce 336</b>	<b>+Hot Dog on WG Bun w/ Corn 368</b>	<b>^WG Grilled Cheese Sandwich w/ Baked Fries 394</b>	<b>+WG Chicken Nuggets w/ WG Blueberry Bread 415</b>	<b>^Cheese WG Pizza 310</b>
Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% White Milk 80-100	Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% White Milk 80-100	Apple Juice 60 Fat Free or 1% White Milk 80-100	Romaine Salad 5 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% White Milk 80-100	Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% White Milk 80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15</b> <span style="float: right;">CAL</span> <b>+WG Chicken Patty on WG Bun w/ Baked Curly Fries</b> <b>510</b> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>16</b> <span style="float: right;">CAL</span> <b>-Cafe Burger w/Seasoned Potatoes</b> <b>410</b> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>17</b> <span style="float: right;">CAL</span> <b>Mac &amp; Cheese w/ +BBQ Chicken Drummies &amp; WG Roll</b> <b>451</b> Cucumber Slices <span style="float: right;">14</span> Apple Juice <span style="float: right;">60</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>18</b> <span style="float: right;">CAL</span> <b>~Taco w Corn &amp; Edamame w/ WG Scoops</b> <b>346</b> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>19</b> <span style="float: right;">CAL</span> <b>~Cheese WG Pizza</b> <b>310</b> Baby Carrots <span style="float: right;">30</span> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>
<b>22</b> <span style="float: right;">CAL</span> <b>WG -Chili Mac &amp; WG Roll</b> <b>480</b> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>23</b> <span style="float: right;">CAL</span> <b>+Hot Dog on WG Bun w/ Baked Fries</b> <b>422</b> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>24</b> <span style="float: right;">CAL</span> <b>~WG Grilled Cheese Sandwich w/ Baked Fries</b> <b>394</b> Apple Juice <span style="float: right;">60</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>25</b> <span style="float: right;">CAL</span> <b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce</b> <b>343</b> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>26</b> <span style="float: right;">CAL</span> <b>~Cheese WG Pizza</b> <b>310</b> Cucumber Slices <span style="float: right;">14</span> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>
<b>29</b> <b>NO SCHOOL</b>	<b>30</b> <span style="float: right;">CAL</span> <b>+Roasted Teriyaki Chicken Drumstick w/ WG Rice &amp; WG Roll</b> <b>348</b> Baby Carrots <span style="float: right;">30</span> Assorted Fresh Fruit or Fruit Cup <span style="float: right;">60-90</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>	<b>31</b> <span style="float: right;">CAL</span> <b>~WG 3 Cheese Calzone w/ Marinara Sauce</b> <b>314</b> Apple Juice <span style="float: right;">60</span> Fat Free or 1% White Milk <span style="float: right;">80-100</span>		

