

DECEMBER 2017 ELEMENTARY CARBOHYDRATE MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS					
breakfast	daily	M	WG Mini Bagels^	240	Carb Counts are for items that are highlighted only. Hot Packs Counts include the items “under the film” – not the bread or roll added to it. Standard Grains/Bread Carb Counts: Croutons: 4 Hamburger Bun: 28 Rounds: 29 Dinner Roll: 15 Hot Dog Bun: 30 Pita Chips: 24 Granola Pkg: 47 Mini Flatbread: 13 Scoops: 19				
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^	240					
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 Carb = Carbohydrates ^Meatless pPeanuts +Poultry *Pork 🌶️ Spicy ♻️ Vegan WG = Whole Grain §Shrimp 🍀 Lucky Plate Day									
LUNCH									
						1 CARB ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR +🌶️ Spicy WG Chicken Patty Sandwich 9 Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk			
4 CARB ~Meatball Sub on WG Bun w/ Green Beans 21 OR +Chicken Bites w/ Cheesy Spinach & WG Scoops 18 Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk		5 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR +Hot Dog on WG Bun w/ Corn 17 Broccoli Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		6 CARB +BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll 35 OR ^WG Grilled Cheese Sandwich w/ Baked Fries 44 Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		7 CARB +WG Chicken Nuggets w/ WG Blueberry Bread 42 OR +Chicken Ham & Cheese on WG Croissant 32 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		8 CARB ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 CARB Mac & Cheese w/ WG Chicken Nuggets+ & WG Roll 35 OR ^Egg & Turkey Chorizo+ Bowl w/ Seasoned Potatoes & WG Mini Flatbreads 27 Grape Tomatoes Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk</p>	<p>12 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR ^WG Pancakes w/ Yogurt & String Cheese 51 Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk</p>	<p>13 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 30 OR ~Cafe Burger on WG Bun w/ Curly Potatoes 19 Baked Fries Cucumber Slices Assorted Fruit Fat Free or 1% Milk</p>	<p>14 CARB Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 49 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p>	<p>15 CARB ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR +~Spicy WG Chicken Patty Sandwich 9 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p>
<p>18 CARB +WG Chicken Nuggets w/ Curly Potatoes & WG Roll 31 OR +Hot Dog on WG Bun w/ Corn 17 Curly Potatoes Celery Sticks Assorted Fruit Fat Free or 1% Milk</p>	<p>19 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 27 Grape Tomatoes Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk</p>	<p>20 CARB ^WG Pancakes w/ Yogurt & String Cheese 51 OR ^WG Spaghetti w/ Meatballs & WG Roll 42 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p>	<p>21 LUCKY PLATE CARB WG Fiesta Cheese Enchiladas w/ ~Red Sauce 35 OR +Chicken Caesar Salad w/ WG Croutons & WG Pita Chips 16 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk</p>	<p>22 CARB ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR ~Philly Cheese Steak on WG Hot Dog Bun w/ Seasoned Potatoes 31 Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk</p>
<p>25</p> <p>WINTER BREAK SCHOOLS CLOSED</p>	<p>26</p> <p>WINTER BREAK SCHOOLS CLOSED</p>	<p>27</p> <p>WINTER BREAK SCHOOLS CLOSED</p>	<p>28</p> <p>WINTER BREAK SCHOOLS CLOSED</p>	<p>29</p> <p>WINTER BREAK SCHOOLS CLOSED</p>

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 recurring 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.