

MARCH 2018 ELEMENTARY 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 ^V Vegan WG = Whole Grain 🍀 Lucky Plate Day										
LUNCH										
<p><i>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.</i></p>					1	CARB	~Taco w/ Corn & Edamame w/ WG Scoops	24	2	CARB
							OR			
							^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola	48		OR
							Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk			+Spicy WG Chicken Patty Sandwich
										9
										Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
5	CARB	6	CARB	7	CARB	8	CARB	9	CARB	
^WG Cheese Crunchers w/ Marinara Sauce	40	^WG Cheese or +Pepperoni Personal Pizza	36	+BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll	35	+WG Chicken Nuggets w/ Spiced Apples & WG Roll	35	^Cheese or +Pepperoni Stuffed Crust WG Pizza	31	
OR		OR		OR		OR		OR		
+WG Chicken Bites w/ Cheesy Spinach & WG Scoops	20	+Hot Dog on WG Bun w/ Corn	17	^WG Grilled Cheese Sandwich w/ Baked Fries	44	+Mesquite Chicken & Cheese on WG Croissant	29	~Cafe Burger on WG Bun w/ Curly Potatoes	19	
Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk		Broccoli Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		Baked Fries Ancient Grains Vegetable Soup+ Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 LUCKY PLATE <small>CARB</small> Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 35 OR Egg & Turkey Chorizo+ Bowl w/ Seasoned Potatoes & WG Mini Flatbread 27 Grape Tomatoes Roasted Chickpeas Assorted Fruit Fresh Fruit Sorbet Fat Free or 1% Milk	13 <small>CARB</small> ^WG Pancakes w/ Yogurt & String Cheese 51 OR ~Cafe Burger on WG Bun w/ Green Beans & Corn Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	14 <small>CARB</small> +WG Chicken Patty on WG Bun w/ Baked Fries 30 OR +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll 31 Baked Fries Cucumber Slices Assorted Fruit Cranberry Sauce Fat Free or 1% Milk	15 <small>CARB</small> ~Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 48 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	16 <small>CARB</small> ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 31 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
19 <small>CARB</small> +WG Chicken Nuggets w/ Curly Potatoes & WG Roll 31 OR +Hot Dog on WG Bun w/ Corn 17 Curly Potatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	20 <small>CARB</small> ^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	21 <small>CARB</small> ^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	22 <small>CARB</small> 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 Fresh Fruit Fat Free or 1% Milk	23 <small>CARB</small> ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 31 Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
26 SPRING BREAK SCHOOLS CLOSED	27 SPRING BREAK SCHOOLS CLOSED	28 SPRING BREAK SCHOOLS CLOSED	29 SPRING BREAK SCHOOLS CLOSED	30 SPRING BREAK SCHOOLS CLOSED

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 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.



2.17 - DFNS
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