

# JANUARY 2018

## ELEMENTARY CARBOHYDRATE MENU

MEAL PRICES		BREAKFAST			CARBOHYDRATE COUNTS				
breakfast	daily	<b>M</b>	WG Mini Bagels^	240	<b>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.</b>				
paid	\$1.30	<b>T</b>	WG Pancakes^	220					
reduced	\$.00	<b>W</b>	WG Bagel w/ Cream Cheese or Jelly^	130-236	<b>Standard Grains/Bread Carb Counts:</b> 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				
lunch	daily	<b>TH</b>	WG Breakfast Sandwich	120-285					
paid	\$2.55	<b>F</b>	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	
<b>Menu Key:</b> ~Beef   Carb = Carbohydrates   ^Meatless   pPeanuts   +Poultry   *Pork   🌶️ Spicy   ♪Vegan   WG = Whole Grain   §Shrimp   🍀 Lucky Plate Day									
LUNCH									
<b>1</b>	<b>WINTER BREAK SCHOOLS CLOSED</b>	<b>2</b>	<b>+WG Chicken Patty on WG Bun</b> <b>w/ Baked Fries</b> <b>34</b>	<b>3</b>	<b>WG French Toast Sticks</b> <b>w/ *Sausage</b> <b>26</b>	<b>4</b>	<b>~Taco w/ Corn &amp; Edamame</b> <b>w/ WG Scoops</b> <b>24</b>	<b>5</b>	<b>^Cheese or +Pepperoni Stuffed</b> <b>Crust WG Pizza</b> <b>31</b>
			OR <b>~Cheesy Burger on WG Bun</b> <b>w/ Seasoned Potatoes</b> <b>33</b>		OR <b>^WG 3 Cheese Calzone</b> <b>w/ Marinara Sauce</b> <b>40</b>		OR <b>^Blueberries w/ Lowfat Vanilla</b> <b>Yogurt &amp; WG Granola</b> <b>49</b>		OR <b>+Spicy WG Chicken</b> <b>Patty Sandwich</b> <b>9</b>
			Baked Fries Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
<b>8</b>	<b>^WG Cheese Crunchers</b> <b>w/ Marinara Sauce</b> <b>40</b>	<b>9</b>	<b>^WG Cheese or +Pepperoni</b> <b>Personal Pizza</b> <b>36</b>	<b>10</b>	<b>+BBQ Chicken Drumstick w/</b> <b>Rosemary Potatoes &amp; WG Roll</b> <b>35</b>	<b>11</b>	<b>+WG Chicken Nuggets</b> <b>w/ WG Blueberry Bread</b> <b>42</b>	<b>12</b>	<b>^Cheese or +Pepperoni Stuffed</b> <b>Crust WG Pizza</b> <b>31</b>
	OR <b>+WG Chicken Bites w/ Cheesy</b> <b>Spinach &amp; WG Scoops</b> <b>18</b>		OR <b>+Hot Dog on WG Bun</b> <b>w/ Corn</b> <b>17</b>		OR <b>^WG Grilled Cheese Sandwich</b> <b>w/ Baked Fries</b> <b>44</b>		OR <b>+Chicken Ham &amp; Cheese</b> <b>on WG Croissant</b> <b>32</b>		OR <b>^WG Potato Crisp Fish Sandwich</b> <b>w/ Baked Fries</b> <b>31</b>
	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 Chicken 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
<b>15</b> <b>NO SCHOOL</b>	<b>16</b> CARB <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> 30 OR <b>~Cafe Burger on WG Bun w/ Curly Potatoes</b> 19 Baked Fries Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	<b>17</b> CARB <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 51 OR <b>^Egg &amp; Turkey Chorizo+ Bowl w/ Seasoned Potatoes &amp; WG Mini Flatbread</b> 27 Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	<b>18</b> CARB <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 24 OR <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> 49 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>19</b> CARB <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> 31 OR <b>+Spicy WG Chicken Patty Sandwich</b> 9 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
<b>22</b> CARB <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> 44 OR <b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun</b> 31 Curly Potatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	<b>23</b> CARB <b>^WG Cheese or +Pepperoni Personal Pizza</b> 36 OR <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> 27 Grape Tomatoes Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	<b>24</b> CARB <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 51 OR <b>~WG Spaghetti w/ Meatballs &amp; WG Roll</b> 42 Ancient Grains Chicken Soup+ Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	<b>25</b> CARB <b>LUCKY PLATE</b> <b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce</b> 35 OR <b>+Hot Dog on WG Bun w/ Corn</b> 17 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fresh Fruit Sorbet Fat Free or 1% Milk	<b>26</b> <b>NO SCHOOL</b>
<b>29</b> CARB <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> 30 OR <b>~Cheesy Burger on WG Bun w/ Seasoned Potatoes</b> 33 Baked Fries Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	<b>30</b> CARB <b>^WG Cheese or +Pepperoni Personal Pizza</b> 36 OR <b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> 51 Roasted Chickpeas Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk	<b>31</b> CARB <b>WG French Toast Sticks w/ *Sausage</b> 26 OR <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> 40 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		

## 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](http://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.*

