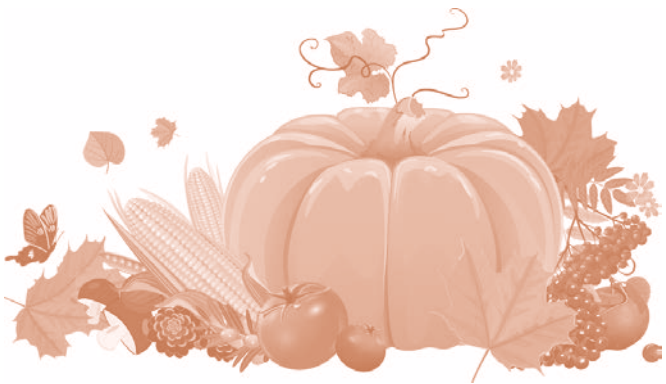


NOVEMBER 2017 ELEMENTARY CARBOHYDRATE MENU

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	WG French Toast Sticks w/ *Sausage OR ^WG 3 Cheese Calzone w/ Marinara Sauce	26 40	Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk
	2	CARB	Taco w/ Corn & Edamame w/ WG Scoops OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola	24 49	Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk
3	CARB	^Cheese or +Pepperoni Stuffed Crust WG Pizza OR +Spicy WG Chicken Patty Sandwich	31 14	Baby Carrots Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk	
6	CARB	^WG Cheese Crunchers w/ Marinara Sauce OR +Chicken Bites w/ Cheesy Spinach & WG Scoops	40 18	Baby Carrots Grape Tomatoes Assorted Fresh Fruit Fat Free or 1% Milk	
7	CARB	^WG Cheese or +Pepperoni Personal Pizza OR +Hot Dog on WG Bun w/ Corn & Green Beans	36 9	Broccoli Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	
8	CARB	+BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll OR ^WG Grilled Cheese Sandwich w/ Baked Fries	35 44	Baked Fries Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	
9	CARB	+WG Chicken Nuggets w/ WG Blueberry Bread OR +Chicken Ham & Cheese on WG Croissant	42 32	Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	
10	CARB	^Cheese or +Pepperoni Stuffed Crust WG Pizza OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries	31 31	Baby Carrots Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk	

NOVEMBER 2017 ELEMENTARY CARBOHYDRATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 CARB Mac & Cheese w/ WG Chicken Nuggets+ & WG Roll 35 OR ^Egg & Turkey Chorizo+ Bowl w/ Seasoned Potatoes & WG Mini Flatbread 51 Grape Tomatoes Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	14 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR ^WG Pancakes w/ Yogurt & String Cheese 56 Baby Carrots Assorted Fresh Vegetables Assorted Fresh Fruit or Fruit Juice Fat Free or 1% Milk	15 THANKSGIVING CARB +Roast Turkey & Gravy w/ Mashed Potatoes, WG Roll 31 Cranberry Sauce Baked Fries Cucumber Slices Assorted Fresh Fruit Fresh Fruit Sorbet Fat Free or 1% Milk	16 CARB Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 49 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	17 CARB ^Cheese or +Pepperoni Stuffed Crust WG Pizza 31 OR +Spicy WG Chicken Patty Sandwich 14 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk
20 CARB +WG Chicken Nuggets w/ Curly Potatoes & WG Roll 30 OR +Hot Dog on WG Bun w/ Corn 17 Curly Potatoes Celery Sticks Assorted Fresh Fruit Fat Free or 1% Milk	21 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbread 27 Grape Tomatoes Roasted Chickpeas Assorted Fresh Fruit Fat Free or 1% Milk	22 LUCKY PLATE CARB ^WG Pancakes w/ Yogurt & String Cheese 56 OR ^WG Spaghetti w/ Meatballs & WG Roll 42 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit or Fruit Juice Fat Free or 1% Milk	 <p>HOLIDAY SCHOOLS CLOSED</p>	
27 CARB +WG Chicken Patty on WG Bun w/ Baked Fries 34 OR ~Cheesy Burger on WG Bun w/ Seasoned Potatoes 33 Baby Carrots Baked Fries Assorted Fresh Fruit Fat Free or 1% Milk	28 CARB ^WG Cheese or +Pepperoni Personal Pizza 36 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 51 Roasted Chickpeas Assorted Fresh Vegetables Assorted Fresh Fruit Fat Free or 1% Milk	29 CARB WG French Toast Sticks w/ *Sausage 26 OR ^WG 3 Cheese Calzone w/ Marinara Sauce 40 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	30 CARB Taco w/ Corn & Edamame w/ WG Scoops 24 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 49 Tossed Salad w/ Ranch Dressing Assorted Fresh 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). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.

