

# MAY 2018

## ELEMENTARY MENU

MEAL PRICES		BREAKFAST			DAILY ALTERNATES	NUTRITION INFO														
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Mini Bagels<sup>^</sup></b>	<b>240</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>	Nutrition, allergen, and gluten free information 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>														
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes<sup>^</sup></b>	<b>220</b>																
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly<sup>^</sup></b>	<b>130-236</b>																
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>	<b>120-285</b>																
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll<sup>^</sup></b>	<b>240</b>																
<b>reduced</b>	<b>\$.40</b>	<b>SERVED DAILY</b>																		
			Assorted Fruit/Fruit Juice	55-90																
			Fat Free or 1% Milk	80-120																
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY												
<b>Menu Key:</b> ~Beef Cal = Calories <sup>^</sup> Meatless pPeanuts +Poultry *Pork 🌶️Spicy <sup>v</sup> Vegan WG = Whole Grain 🍀 Lucky Plate Day																				
LUNCH																				
<i>Please check the website for menu changes in the event of a change to the school schedule.</i>	<b>1</b>	CAL	<b>~Cheesy Burger on WG Bun w/ Seasoned Potatoes</b>	<b>450</b>	<b>2</b>	CAL	<b>WG French Toast Sticks w/ *Sausage</b>	<b>346</b>	<b>3</b>	CAL	<b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b>	<b>346</b>	<b>4</b>	CAL	<b><sup>^</sup>WG Cheese or +Pepperoni Personal Pizza</b>	<b>330-350</b>				
			<b>OR</b>				<b>OR</b>				<b>OR</b>				<b>OR</b>					
				<b>+Coconut Chicken Curry w/ Seasoned Potatoes &amp; WG Roll</b>	<b>353</b>			<b><sup>^</sup>WG 3 Cheese Calzone w/ Marinara Sauce</b>	<b>314</b>			<b><sup>^</sup>Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b>	<b>440</b>			<b>+🌶️Spicy WG Chicken Patty Sandwich</b>	<b>341</b>			
				Baked Fries	110			Tossed Salad w/ Ranch Dressing	92			Tossed Salad w/ Ranch Dressing	92			Baby Carrots	30			
				Roasted Chickpeas	160			Assorted Fruit	60-90			Assorted Fruit	60-90			Assorted Fresh Vegetables	20-25			
			Assorted Fresh Vegetables	20-25			Fat Free or 1% Milk	80-120			Fat Free or 1% Milk	80-120			Assorted Fruit	60-90				
			Assorted Fruit	60-90											Fat Free or 1% Milk	80-120				
			Fat Free or 1% Milk	80-120																
<b>7</b>	CAL	<b><sup>^</sup>WG Cheese Crunchers w/ Marinara Sauce</b>	<b>336</b>	<b>8</b>	CAL	<b>+Mini Chicken Tacos w/ Corn &amp; Edamame &amp; WG Mini Flatbreads</b>	<b>344</b>	<b>9</b>	CAL	<b>+BBQ Chicken Drumstick w/ Rosemary Potatoes &amp; WG Roll</b>	<b>290</b>	<b>10</b>	CAL	<b>+WG Chicken Nuggets w/ WG Blueberry Bread</b>	<b>412</b>	<b>11</b>	CAL	<b><sup>^</sup>Cheese or +Pepperoni Stuffed Crust WG Pizza</b>	<b>320-330</b>	
		<b>OR</b>				<b>OR</b>				<b>OR</b>				<b>OR</b>						
			<b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b>	<b>407</b>			<b>+Hot Dog on WG Bun w/ Corn &amp; Green Beans</b>	<b>345</b>			<b><sup>^</sup>WG Grilled Cheese Sandwich w/ Baked Fries</b>	<b>394</b>			<b>+Chicken Ham &amp; Cheese on WG Croissant</b>	<b>410</b>			<b>~Cafe Burger on WG Bun w/ Curly Potatoes</b>	<b>410</b>
			Baby Carrots	30			Roasted Chickpeas	160			Baked Fries	110			Tossed Salad w/ Ranch Dressing	92			Broccoli	15
			Grape Tomatoes	16			Assorted Fruit	60-90			Tossed Salad w/ Ranch Dressing	92			Assorted Fruit	60-90			Assorted Fresh Vegetables	20-25
			Assorted Fruit	60-90			Assorted Fruit	60-90			Assorted Fruit	60-90			Fat Free or 1% Milk	80-120			Assorted Fruit	60-90
			Fat Free or 1% Milk	80-120			Fat Free or 1% Milk	80-120			Fat Free or 1% Milk	80-120			Fat Free or 1% Milk	80-120			Fat Free or 1% Milk	80-120

# MAY 2018 ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>14</b> <span style="float:right">CAL</span> <b>Mac &amp; Cheese w/ +WG Chicken Nuggets &amp; WG Roll</b> <b>399</b> <b>OR</b> <b>^Egg &amp; Turkey Chorizo+ Bowl w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> <b>359</b> Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>15</b> <span style="float:right">CAL</span> <b>^WG Pancakes w/ Yogurt &amp; Cheese Stick</b> <b>370</b> <b>OR</b> <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> <b>470</b> Baby Carrots 30 Assorted Fresh Vegetables 8 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>16</b> <span style="float:right">CAL</span> <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> <b>440</b> <b>OR</b> <b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun</b> <b>567</b> Baked Fries 110 Cucumber Slices 14 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>17</b> <span style="float:right">CAL</span> <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <b>346</b> <b>OR</b> <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> <b>440</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>18</b> <span style="float:right">CAL</span> <b>^WG Cheese or +Pepperoni Personal Pizza</b> <b>330-350</b> <b>OR</b> <b>+Spicy WG Chicken Patty Sandwich</b> <b>341</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
<b>21</b> <span style="float:right">CAL</span> <b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b> <b>407</b> <b>OR</b> <b>+Hot Dog on WG Bun w/ Corn &amp; Edamame</b> <b>388</b> Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>22</b> <span style="float:right">CAL</span> <b>~Cafe Burger on WG Bun w/ Curly Potatoes</b> <b>410</b> <b>OR</b> <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> <b>344</b> Curly Potatoes 140 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>23</b> <span style="float:right">CAL</span> <b>^WG Pancakes w/ Yogurt &amp; Cheese Stick</b> <b>370</b> <b>OR</b> <b>~WG Spaghetti w/ Meatballs &amp; WG Roll</b> <b>355</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>24</b> <span style="float:right">CAL</span> <b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce</b> <b>343</b> <b>OR</b> <b>+Garden Salad w/ Chicken Bites &amp; WG Pita Chips</b> <b>409</b> Tossed Salad w/ Ranch Dressing 92 Roasted Chickpeas 160 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	<b>25</b> <span style="float:right">CAL</span> <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> <b>320-330</b> <b>OR</b> <b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes &amp; WG Roll</b> <b>363</b> Baby Carrots 30 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
<b>28</b> <p style="text-align:center"><b>SCHOOLS CLOSED</b></p>	<b>29 LUCKY PLATE</b> <span style="float:right">CAL</span> <b>~Cheesy Burger on WG Bun w/ Curly Potatoes</b> <b>420</b> <b>OR</b> <b>+Coconut Chicken Curry w/ Seasoned Potatoes &amp; WG Roll</b> <b>353</b> Baked Fries 110 Assorted Fresh Vegetables 20-25 Fresh Fruit Sorbet 70-80 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>30</b> <span style="float:right">CAL</span> <b>WG French Toast Sticks w/ *Sausage</b> <b>346</b> <b>OR</b> <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> <b>314</b> Roasted Chickpeas 160 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<b>31</b> <span style="float:right">CAL</span> <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <b>346</b> <b>OR</b> <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> <b>440</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<p style="text-align:center"><b>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 <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/foodassistance</a>.</b></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 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.*

