

APRIL 2018 ELEMENTARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 CAL Mac & Cheese w/ +WG Chicken Nuggets & WG Roll 399 OR Egg & Turkey Chorizo+ Bowl w/ Seasoned Potatoes & WG Mini Flatbread 359 Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	17 LUCKY PLATE CAL ^WG Pancakes w/ Yogurt & String Cheese 370 OR ~Beef Chili w/ Cheesy Bread 349 Baby Carrots 30 Assorted Fresh Vegetables 8 Fresh Fruit Sorbet 70-80 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	18 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 567 Baked Fries 110 Cucumber Slices 14 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	19 CAL ~Taco w/ Corn & Edamame w/ WG Scoops 346 OR ^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	20 CAL ^Cheese or +Pepperoni Stuffed Crust WG Pizza 320-330 OR ^WG Potato Crisp Fish Sandwich w/ Baked Fries 470 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
23 CAL +WG Chicken Nuggets w/ Curly Potatoes & WG Roll 391 OR +Hot Dog on WG Bun w/ Corn 235 Curly Potatoes 140 Celery Sticks 3 Individual Serving Peanut Butter Cup 200 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	24 CAL ^WG Cheese or +Pepperoni Personal Pizza 330-350 OR +Mini Chicken Tacos w/ Seasoned Potatoes & WG Mini Flatbreads 344 Grape Tomatoes 16 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	25 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 OR ~WG Spaghetti w/ Meatballs & WG Roll 355 Tossed Salad w/ Ranch Dressing 92 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	26 CAL WG Fiesta Cheese Enchiladas w/ ~Red Sauce 343 OR +Chicken Caesar Salad w/ WG Croutons & WG Pita Chips 282 Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit 60-90 Fat Free or 1% Milk 80-120	27 CAL ^Cheese or +Pepperoni Stuffed Crust WG Pizza 320-330 OR +Roast Turkey & Gravy w/ Mashed Potatoes & WG Roll 363 Baby Carrots 30 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
30 CAL WG Chicken Patty on WG Bun w/ Baked Fries 440 OR ~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll 435 Grape Tomatoes 16 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	<p style="text-align: center;"><i>Please check the website for menu changes in the event of a change to the school schedule.</i></p>			

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>.

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.



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