

MARCH 2018 ELEMENTARY MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO	
breakfast	daily	M	WG Mini Bagels[^]	<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 www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx . <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>	
paid	\$1.30	T	WG Pancakes[^]			240
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly[^]			220
lunch	daily	TH	WG Breakfast Sandwich			130-236
paid	\$2.55	F	WG Cinnamon Roll[^]			120-285
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 Cal = Calories [^]Meatless pPeanuts +Poultry *Pork 🌶️Spicy [^]Vegan WG = Whole Grain 🍀 Lucky Plate Day

LUNCH

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>.

<p>1 ^{CAL}</p> <p>~Taco w/ Corn & Edamame w/ WG Scoops 346</p> <p style="text-align: center;">OR</p> <p>[^]Blueberries w/ Lowfat Vanilla Yogurt & WG Granola 440</p> <p>Tossed Salad w/ Ranch Dressing 92</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>	<p>2 ^{CAL}</p> <p>[^]Cheese or +Pepperoni Stuffed Crust WG Pizza 320-330</p> <p style="text-align: center;">OR</p> <p>+🌶️Spicy WG Chicken Patty Sandwich 341</p> <p>Baby Carrots 30</p> <p>Assorted Fresh Vegetables 20-25</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>
<p>5 ^{CAL}</p> <p>[^]WG Cheese Crunchers w/ Marinara Sauce 336</p> <p style="text-align: center;">OR</p> <p>+WG Chicken Bites w/ Cheesy Spinach & WG Scoops 407</p> <p>Baby Carrots 30</p> <p>Grape Tomatoes 16</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>	<p>6 ^{CAL}</p> <p>[^]WG Cheese or +Pepperoni Personal Pizza 330-350</p> <p style="text-align: center;">OR</p> <p>+Hot Dog on WG Bun w/ Corn 235</p> <p>Broccoli 15</p> <p>Roasted Chickpeas 160</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>
<p>7 ^{CAL}</p> <p>+BBQ Chicken Drumstick w/ Rosemary Potatoes & WG Roll 290</p> <p style="text-align: center;">OR</p> <p>[^]WG Grilled Cheese Sandwich w/ Baked Fries 394</p> <p>Baked Fries 110</p> <p>Ancient Grains Vegetable Soup+ 114</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>	<p>8 ^{CAL}</p> <p>+WG Chicken Nuggets w/ Spiced Apples & WG Roll 365</p> <p style="text-align: center;">OR</p> <p>+Mesquite Chicken & Cheese on WG Croissant 310</p> <p>Tossed Salad w/ Ranch Dressing 92</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>
<p>9 ^{CAL}</p> <p>[^]Cheese or +Pepperoni Stuffed Crust WG Pizza 320-330</p> <p style="text-align: center;">OR</p> <p>~Cafe Burger on WG Bun w/ Curly Potatoes 410</p> <p>Cucumber Slices 14</p> <p>Assorted Fresh Vegetables 20-25</p> <p>Assorted Fruit 60-90</p> <p>Fat Free or 1% Milk 80-120</p>	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 LUCKY PLATE 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 Fresh Fruit Sorbet 70-80 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	13 CAL ^WG Pancakes w/ Yogurt & String Cheese 370 OR ~Cafe Burger on WG Bun w/ Green Beans & Corn 289 Baby Carrots 30 Assorted Fresh Vegetables 8 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	14 CAL +WG Chicken Patty on WG Bun w/ Baked Fries 440 OR +Roast Turkey & Gravy w/ Mashed Potatoes, Stuffing & WG Roll 363 Baked Fries 110 Cucumber Slices 14 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	15 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	16 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
19 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	20 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	21 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	22 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	23 CAL ^Cheese or +Pepperoni Stuffed Crust WG Pizza 320-330 OR ~Philly Cheese Steak w/ Seasoned Potatoes & WG Hot Dog Bun 567 Baby Carrots 30 Assorted Fresh Vegetables 20-25 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120
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.

