

# MARCH 2018

## PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO					
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Mini Bagels^</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> .  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.					
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes^</b>			<b>240</b>	<b>220</b>			
<b>reduced</b>	<b>\$0.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</b>			<b>130-236</b>	<b>120-285</b>			
<b>lunch</b>	<b>daily</b>	<b>TH</b>	<b>WG Breakfast Sandwich</b>			<b>240-300</b>				
<b>paid</b>	<b>\$2.55</b>	<b>F</b>	<b>WG Cinnamon Roll w/ Cheese Stick^</b>							
<b>reduced</b>	<b>\$0.00</b>		<b>SERVED DAILY</b>							
			Assorted Fruit/Fruit Juice	55-90						
			Fat Free or 1% Milk	80-100						
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<b>Menu Key:</b> ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain										
LUNCH										
<p><i>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>.</i></p>					<b>1</b>	CAL	<b>2</b>	CAL		
					~Taco w/ Corn & Edamame & WG Scoops	<b>346</b>	^Cheese Stuffed Crust WG Pizza	<b>320</b>		
					Assorted Fresh Fruit or Fruit Cup	60-90	Baby Carrots	30		
					Fat Free or 1% Milk	80-100	Assorted Fresh Fruit or Fruit Cup	60-90		
							Fat Free or 1% Milk	80-100		
<b>5</b>	CAL	<b>6</b>	CAL	<b>7</b>	CAL	<b>8</b>	CAL	<b>9</b>	CAL	
^WG Cheese Crunchers w/ Marinara Sauce	<b>336</b>	+Hot Dog on WG Bun w/ Corn	<b>235</b>	^WG Grilled Cheese Sandwich w/ Baked Fries	<b>394</b>	+WG Chicken Nuggets w/ Spiced Apples & WG Roll	<b>365</b>	^Cheese Stuffed Crust WG Pizza	<b>320</b>	
Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	Tossed Salad w/ Ranch Dressing	92	Cucumber Slices	14	
Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100	Assorted Fresh Fruit or Fruit Cup	60-90	Assorted Fresh Fruit or Fruit Cup	60-90	
						Fat Free or 1% Milk	80-100	Fat Free or 1% Milk	80-100	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>12</b> <small>CAL</small> <b>Mac &amp; Cheese w/ +WG Chicken Nuggets &amp; WG Roll</b> <b>399</b> Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>13</b> <small>CAL</small> <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> <b>370</b> Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>14</b> <small>CAL</small> <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> <b>440</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>15</b> <small>CAL</small> <b>~Taco w/ Corn &amp; Edamame &amp; WG Scoops</b> <b>346</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>16</b> <small>CAL</small> <b>^Cheese Stuffed Crust WG Pizza</b> <b>320</b> Tossed Salad w/ Ranch Dressing 92 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
<b>19</b> <small>CAL</small> <b>+Hot Dog on WG Bun w/ Corn</b> <b>235</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>20</b> <small>CAL</small> <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> <b>344</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>21</b> <small>CAL</small> <b>~WG Spaghetti w/ Meatballs &amp; WG Roll</b> <b>355</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>22</b> <small>CAL</small> <b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce</b> <b>343</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>23</b> <small>CAL</small> <b>^Cheese Stuffed Crust WG Pizza</b> <b>320</b> Baby Carrots 30 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100
<b>26</b> <b>SPRING BREAK SCHOOLS CLOSED</b>	<b>27</b> <b>SPRING BREAK SCHOOLS CLOSED</b>	<b>28</b> <b>SPRING BREAK SCHOOLS CLOSED</b>	<b>29</b> <b>SPRING BREAK SCHOOLS CLOSED</b>	<b>30</b> <b>SPRING BREAK SCHOOLS CLOSED</b>

