


# NOVEMBER 2017 ELEMENTARY 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> .<br><br>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>reduced</b>   | <b>\$.00</b>  | <b>W</b>  | <b>WG Bagel w/ Cream Cheese or Jelly^</b> |  |   | <b>220</b>     |
| <b>lunch</b>     | <b>daily</b>  | <b>TH</b> | <b>WG Breakfast Sandwich</b>              |  |   | <b>130-236</b> |
| <b>paid</b>      | <b>\$2.55</b> | <b>F</b>  | <b>WG Cinnamon Roll^</b>                  |  |   | <b>120-285</b> |
| <b>reduced</b>   | <b>\$.40</b>  |           | <b>SERVED DAILY</b>                       | <b>240</b>   |   |                |
|                  |               |           | 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 §Shrimp 🍀 Lucky Plate Day

## LUNCH

|  |   |   |   |  |   |  |                |
|--|---|---|---|--|---|--|----------------|
|  | <b>1</b>                                      | CAL   | <b>2</b>  | CAL  | <b>3</b>  | CAL  |                |
|  | <b>WG French Toast Sticks w/ *Sausage</b>     | <b>346</b>  | <b>Taco w/ Corn &amp; Edamame w/ WG Scoops</b>                | <b>346</b>   | <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> | <b>320-330</b>                                       |                |
|  | OR  |   | OR  |  | OR  |  |                |
|  | <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> | <b>314</b>  | <b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> | <b>440</b>   | <b>+🌶️Spicy WG Chicken Patty Sandwich</b>           | <b>341</b>   |                |
|  | Tossed Salad w/ Ranch Dressing                | 92  | Tossed Salad w/ Ranch Dressing                                | 92   | Baby Carrots  | 30   |                |
|  | Assorted Fresh Fruit                          | 60-90   | Assorted Fresh Fruit  | 60-90  | Assorted Fresh Vegetables                           | 20-25  |                |
|  | Fat Free or 1% Milk                           | 80-120  | Fat Free or 1% Milk   | 80-120   | Assorted Fresh Fruit                                | 60-90  |                |
|  |   |   |   |  | Fat Free or 1% Milk                                 | 80-120   |                |
| <b>6</b>   | CAL   | <b>7</b>  | CAL   | <b>8</b>   | CAL   | <b>9</b>   | CAL            |
| <b>^WG Cheese Crunchers w/ Marinara Sauce</b>                                      | <b>336</b>                                    | <b>^WG Cheese or +Pepperoni Personal Pizza</b>      | <b>330-350</b>  | <b>+BBQ Chicken Drumstick w/ Rosemary Potatoes &amp; WG Roll</b> | <b>290</b>  | <b>+WG Chicken Nuggets w/ WG Blueberry Bread</b>     | <b>412</b>     |
|  | OR  |   | OR  |  | OR  |  | OR             |
| <b>+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>235</b>  | <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b>                | <b>394</b>  | <b>+Chicken Ham &amp; Cheese on WG Croissant</b>     | <b>410</b>     |
| Baby Carrots   | 30  | Broccoli  | 15  | Baked Fries  | 110   | Tossed Salad w/ Ranch Dressing                       | 92             |
| Grape Tomatoes   | 16  | Roasted Chickpeas                                   | 160   | Tossed Salad w/ Ranch Dressing                                   | 92  | Assorted Fresh Fruit                                 | 60-90          |
| Assorted Fresh Fruit   | 60-90   | Assorted Fresh Fruit                                | 60-90   | Assorted Fresh 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  |  |                |
|  |   |   |   |  |   | <b>10</b>  | CAL            |
|  |   |   |   |  |   | <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b>  | <b>320-330</b> |
|  |   |   |   |  |   | OR   |                |
|  |   |   |   |  |   | <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> | <b>470</b>     |
|  |   |   |   |  |   | Baby Carrots   | 30             |
|  |   |   |   |  |   | Assorted Fresh Vegetables                            | 20-25          |
|  |   |   |   |  |   | Assorted Fresh Fruit                                 | 60-90          |
|  |   |   |   |  |   | Fat Free or 1% Milk                                  | 80-120         |

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| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <b>13</b> <span style="float:right">CAL</span><br><b>Mac &amp; Cheese w/ WG Chicken Nuggets+ &amp; WG Roll</b> <b>399</b><br><b>OR</b><br><b>^Egg &amp; Turkey Chorizo+ Bowl w/ Seasoned Potatoes &amp; WG Mini Flatbread</b> <b>359</b><br>Grape Tomatoes 16<br>Roasted Chickpeas 160<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120 | <b>14</b> <span style="float:right">CAL</span><br><b>^WG Cheese or +Pepperoni Personal Pizza</b> <b>330-350</b><br><b>OR</b><br><b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> <b>370</b><br>Baby Carrots 30<br>Assorted Fresh Vegetables 8<br>Assorted Fresh Fruit or Fruit Juice 60-90<br>Fat Free or 1% Milk 80-120    | <b>15 THANKSGIVING</b> <span style="float:right">CAL</span><br><b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes, WG Roll</b> <b>363</b><br>Cranberry Sauce 54<br>Baked Fries 110<br>Cucumber Slices 14<br>Assorted Fresh Fruit 60-90<br>Fresh Fruit Sorbet 70-80<br>Fat Free or 1% Milk 80-120                         | <b>16</b> <span style="float:right">CAL</span><br><b>Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <b>346</b><br><b>OR</b><br><b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> <b>440</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120 | <b>17</b> <span style="float:right">CAL</span><br><b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> <b>320-330</b><br><b>OR</b><br><b>+Spicy WG Chicken Patty Sandwich</b> <b>341</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120 |
| <b>20</b> <span style="float:right">CAL</span><br><b>+WG Chicken Nuggets w/ Curly Potatoes &amp; WG Roll</b> <b>321</b><br><b>OR</b><br><b>+Hot Dog on WG Bun w/ Corn</b> <b>378</b><br>Curly Potatoes 140<br>Celery Sticks 3<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120  | <b>21</b> <span style="float:right">CAL</span><br><b>^WG Cheese or +Pepperoni Personal Pizza</b> <b>330-350</b><br><b>OR</b><br><b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbread</b> <b>344</b><br>Grape Tomatoes 16<br>Roasted Chickpeas 160<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120 | <b>22 LUCKY PLATE</b> <span style="float:right">CAL</span><br><b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> <b>370</b><br><b>OR</b><br><b>^WG Spaghetti w/ Meatballs &amp; WG Roll</b> <b>355</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fresh Fruit or Fruit Juice 60-90<br>Fat Free or 1% Milk 80-120 |  <p><b>HOLIDAY SCHOOLS CLOSED</b>      <b>HOLIDAY SCHOOLS CLOSED</b></p>   |  |
| <b>27</b> <span style="float:right">CAL</span><br><b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> <b>440</b><br><b>OR</b><br><b>~Cheesy Burger on WG Bun w/ Seasoned Potatoes</b> <b>450</b><br>Baby Carrots 30<br>Baked Fries 110<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120   | <b>28</b> <span style="float:right">CAL</span><br><b>^WG Cheese or +Pepperoni Personal Pizza</b> <b>330-350</b><br><b>OR</b><br><b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> <b>435</b><br>Roasted Chickpeas 160<br>Assorted Fresh Vegetables 8<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120    | <b>29</b> <span style="float:right">CAL</span><br><b>WG French Toast Sticks w/ *Sausage</b> <b>346</b><br><b>OR</b><br><b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> <b>314</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120                                      | <b>30</b> <span style="float:right">CAL</span><br><b>Taco w/ Corn &amp; Edamame w/ WG Scoops</b> <b>346</b><br><b>OR</b><br><b>^Blueberries w/ Lowfat Vanilla Yogurt &amp; WG Granola</b> <b>440</b><br>Tossed Salad w/ Ranch Dressing 92<br>Assorted Fresh Fruit 60-90<br>Fat Free or 1% Milk 80-120 |  |

## 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](http://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.*

