

# NOVEMBER 2017 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> <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> .  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>220</b>								
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly^</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^</b> <b>240</b>								
<b>reduced</b>	<b>\$.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 🌶️Spicy 🌱Vegan WG = Whole Grain §Shrimp 🍀 Lucky Plate Day											
LUNCH											
			<b>1</b>	CAL	<b>2</b>	CAL	<b>3</b>	CAL			
			<b>^WG 3 Cheese Calzone w/ Marinara Sauce</b>		<b>314</b>	<b>Taco w/ Corn &amp; Edamame &amp; WG Scoops</b>		<b>346</b>	<b>^Cheese Stuffed Crust WG Pizza</b>		<b>320</b>
			Assorted Fresh Fruit or Fruit Cup		60-90	Assorted Fresh Fruit or Fruit Cup		60-90	Baby Carrots		30
			Fat Free or 1% Milk		80-100	Fat Free or 1% Milk		80-100	Assorted Fresh Fruit or Fruit Cup		60-90
									Fat Free or 1% Milk		80-100
<b>6</b>	CAL	<b>7</b>	CAL	<b>8</b>	CAL	<b>9</b>	CAL	<b>10</b>	CAL		
<b>^WG Cheese Crunchers w/ Marinara Sauce</b>		<b>336</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>+WG Chicken Nuggets w/ WG Blueberry Bread</b>		<b>412</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
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
									Fat Free or 1% Milk		80-100

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>13</b> CAL <b>Mac &amp; Cheese</b> <b>w/ WG Chicken Nuggets+</b> <b>&amp; WG Roll</b> <b>399</b> Broccoli 15 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>14</b> CAL <b>^WG Pancakes w/ Yogurt</b> <b>&amp; String Cheese</b> <b>370</b> Grape Tomatoes 16 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>15 THANKSGIVING</b> CAL <b>+Roast Turkey &amp; Gravy w/ Mashed</b> <b>Potatoes, WG Roll</b> <b>363</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>16</b> CAL <b>Taco w/ Corn &amp; Edamame</b> <b>&amp; WG Scoops</b> <b>346</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>17</b> CAL <b>^Cheese Stuffed</b> <b>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>20</b> CAL <b>+Hot Dog on WG Bun</b> <b>w/ Corn</b> <b>378</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>21</b> CAL <b>+Mini Chicken Tacos</b> <b>w/ Seasoned Potatoes</b> <b>&amp; WG Mini Flatbread</b> <b>344</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>22</b> CAL <b>^WG Spaghetti w/ Meatballs</b> <b>&amp; WG Roll</b> <b>355</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	 <p><b>HOLIDAY SCHOOLS CLOSED</b></p>	
<b>27</b> CAL <b>+WG Chicken Patty on WG Bun</b> <b>w/ Baked Fries</b> <b>440</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>28</b> CAL <b>~Teriyaki Meatballs w/ WG</b> <b>Veggie Rice &amp; WG Roll</b> <b>435</b> Assorted Fresh Vegetables 8 Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>29</b> CAL <b>^WG 3 Cheese Calzone</b> <b>w/ Marinara Sauce</b> <b>314</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	<b>30</b> CAL <b>Taco w/ Corn &amp; Edamame</b> <b>&amp; WG Scoops</b> <b>346</b> Assorted Fresh Fruit or Fruit Cup 60-90 Fat Free or 1% Milk 80-100	

