

MONTGOMERY COUNTY PUBLIC SCHOOLS  
**MMFA**  
**BREAKFAST MENU**

Monday		Tuesday		Wednesday		Thursday		Friday	
	cal		cal		cal		cal		cal
<b>^WG Mini Bagels</b>	<b>240</b>	<b>^WG Pancakes</b>	<b>210-220</b>	<b>^WG Maple Mini Waffles</b>	<b>200</b>	<b>^WG Egg &amp; Cheese Sandwich</b>	<b>160</b>	<b>^WG Cinnamon Roll</b>	<b>240</b>
Fruit	29-129	Fruit	29-129	Fruit	29-129	Fruit	29-129	Fruit	29-129
100% Fruit Juice	55-60	100% Fruit Juice	55-60	100% Fruit Juice	55-60	100% Fruit Juice	55-60	100% Fruit Juice	55-60
Choice of Milk °	80-120	Choice of Milk °	80-120	Choice of Milk °	80-120	Choice of Milk °	80-120	Choice of Milk °	80-120

**SUBSTITUTE MENU MAY BE SERVED A MAXIMUM OF TWO DAYS A WEEK:**

**^WG Cinnamon Flakes Cereal Pouch** 200 cal  
**^WG Bagel w/ Cream Cheese or Jelly** 170-240 cal

**^WG Oatmeal Bar w/ 4 oz. Trix Yogurt** 240 cal  
**^WG French Toast Sticks** 166-406 cal

Breakfast menus contain 4-5 items. Students must take 3 of the 4-5 items, one must be fruit or fruit juice.

<http://www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx>

^ Meatless WG Whole Grain ° Milk choices include Fat Free White or 1% White

*Menu effective August 29, 2016*



DIVISION FOOD & NUTRITION SERVICES  
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