

# APRIL 2018 ELEMENTARY MENU

MEAL PRICES		BREAKFAST		CARBOHYDRATE COUNTS					
<b>breakfast</b>	<b>daily</b>	<b>M</b>	<b>WG Mini Bagels<sup>^</sup></b>	<b>240</b>	<b>Carb Counts are for items that are highlighted only. Hot Packs Counts include the items “under the film” – not the bread or roll added to it.</b>  <b>Standard Grains/Bread Carb Counts:</b> Croutons: 4      Hamburger Bun: 28      Rounds: 29 Dinner Roll: 15      Hot Dog Bun: 30      Pita Chips: 24 Granola Pkg: 47      Mini Flatbread: 13      Scoops: 19				
<b>paid</b>	<b>\$1.30</b>	<b>T</b>	<b>WG Pancakes<sup>^</sup></b>	<b>220</b>					
<b>reduced</b>	<b>\$.00</b>	<b>W</b>	<b>WG Bagel w/ Cream Cheese or Jelly<sup>^</sup></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<sup>^</sup></b>	<b>240</b>					
<b>reduced</b>	<b>\$.40</b>		<b>SERVED DAILY</b>						
			Assorted Fruit/Fruit Juice	55-90					
			Fat Free or 1% Milk	80-120					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Menu Key:</b> ~Beef   Carb = Carbohydrates   ^Meatless   pPeanuts   +Poultry   *Pork   🌶️ Spicy   ♻️ Vegan   WG = Whole Grain   🍀 Lucky Plate Day									
LUNCH									
<b>2</b>		<b>3</b>	CARB	<b>4</b>	CARB	<b>5</b>	CARB	<b>6</b>	CARB
<b>SPRING BREAK SCHOOLS CLOSED</b>		<b>+WG Chicken Patty on WG Bun</b> <b>w/ Baked Fries</b> <b>30</b> <b>OR</b> <b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun</b> <b>31</b>		<b>WG French Toast Sticks</b> <b>w/ *Sausage</b> <b>26</b> <b>OR</b> <b>WG Fiesta Cheese Enchiladas</b> <b>w/ ~Red Sauce</b> <b>35</b>		<b>~Taco w/ Corn &amp; Edamame</b> <b>w/ WG Scoops</b> <b>24</b> <b>OR</b> <b>^WG 3 Cheese Calzone</b> <b>w/ Marinara Sauce</b> <b>40</b>		<b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> <b>31</b> <b>OR</b> <b>+~Spicy WG Chicken Patty Sandwich</b> <b>9</b>	
		Baked Fries Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		Baby Carrots Broccoli Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	
<b>9</b>	CARB	<b>10</b>	CARB	<b>11</b>	CARB	<b>12</b>	CARB	<b>13</b>	CARB
<b>^WG Cheese Crunchers</b> <b>w/ Marinara Sauce</b> <b>40</b> <b>OR</b> <b>+WG Chicken Bites w/ Cheesy Spinach &amp; WG Scoops</b> <b>20</b>		<b>^WG Cheese or +Pepperoni Personal Pizza</b> <b>36</b> <b>OR</b> <b>+Hot Dog on WG Bun w/ Corn</b> <b>17</b>		<b>+BBQ Chicken Drumstick w/ Rosemary Potatoes &amp; WG Roll</b> <b>35</b> <b>OR</b> <b>^WG Grilled Cheese Sandwich w/ Baked Fries</b> <b>44</b>		<b>+WG Chicken Nuggets</b> <b>w/ WG Blueberry Bread</b> <b>42</b> <b>OR</b> <b>+Chicken Ham &amp; Cheese on WG Croissant</b> <b>32</b>		<b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> <b>31</b> <b>OR</b> <b>~Cafe Burger on WG Bun w/ Curly Potatoes</b> <b>19</b>	
Baby Carrots Grape Tomatoes Assorted Fruit Fat Free or 1% Milk		Broccoli Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk		Baked Fries Ancient Grains Vegetable Soup+ Assorted Fruit Fat Free or 1% Milk		Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk		Cucumber Slices Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b> CARB <b>Mac &amp; Cheese w/ +WG Chicken Nuggets &amp; WG Roll</b> 35 OR <b>Egg &amp; Turkey Chorizo+ Bowl w/ Seasoned Potatoes &amp; WG Mini Flatbread</b> 27 Grape Tomatoes Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	<b>17 LUCKY PLATE</b> CARB <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 51 OR <b>~Beef Chili w/ Cheesy Bread</b> 42 Baby Carrots Assorted Fresh Vegetables Fresh Fruit Sorbet Assorted Fruit Fat Free or 1% Milk	<b>18</b> CARB <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> 30 OR <b>~Philly Cheese Steak w/ Seasoned Potatoes &amp; WG Hot Dog Bun</b> 31 Baked Fries Cucumber Slices Assorted Fruit Fat Free or 1% Milk	<b>19</b> CARB <b>~Taco w/ Corn &amp; Edamame w/ WG Scoops</b> 24 OR <b>^WG 3 Cheese Calzone w/ Marinara Sauce</b> 40 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>20</b> CARB <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> 31 OR <b>^WG Potato Crisp Fish Sandwich w/ Baked Fries</b> 31 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk
<b>23</b> CARB <b>+WG Chicken Nuggets w/ Curly Potatoes &amp; WG Roll</b> 31 OR <b>+Hot Dog on WG Bun w/ Corn</b> 17 Curly Potatoes Celery Sticks Individual Serving Peanut Butter Cup Assorted Fruit Fat Free or 1% Milk	<b>24</b> CARB <b>^WG Cheese or +Pepperoni Personal Pizza</b> 36 OR <b>+Mini Chicken Tacos w/ Seasoned Potatoes &amp; WG Mini Flatbreads</b> 32 Grape Tomatoes Roasted Chickpeas Assorted Fruit Fat Free or 1% Milk	<b>25</b> CARB <b>^WG Pancakes w/ Yogurt &amp; String Cheese</b> 51 OR <b>~WG Spaghetti w/ Meatballs &amp; WG Roll</b> 42 Tossed Salad w/ Ranch Dressing Assorted Fruit Fat Free or 1% Milk	<b>26</b> CARB <b>WG Fiesta Cheese Enchiladas w/ ~Red Sauce</b> 35 OR <b>+Chicken Caesar Salad w/ WG Croutons &amp; WG Pita Chips</b> 16 Tossed Salad w/ Ranch Dressing Assorted Fresh Fruit Fat Free or 1% Milk	<b>27</b> CARB <b>^Cheese or +Pepperoni Stuffed Crust WG Pizza</b> 31 OR <b>+Roast Turkey &amp; Gravy w/ Mashed Potatoes &amp; WG Roll</b> 18 Baby Carrots Assorted Fresh Vegetables Assorted Fruit Fat Free or 1% Milk
<b>30</b> CARB <b>+WG Chicken Patty on WG Bun w/ Baked Fries</b> 30 OR <b>~Teriyaki Meatballs w/ WG Veggie Rice &amp; WG Roll</b> 51 Grape Tomatoes Assorted Fruit Fat Free or 1% Milk	<p style="text-align: center;"><i>Please check the website for menu changes in the event of a change to the school schedule.</i></p>			

**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>.**

## 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](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.*



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