

SEPTEMBER 2018

ELEMENTARY MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO
breakfast	daily	M	WG Mini Bagels[^]	<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> <i>Please check the website for menu changes in the event of a change to the school schedule.</i>	Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/foodserv/menus/cafemenus.aspx . <i>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.</i>
paid	\$1.30	T	WG Pancakes[^]		
reduced	\$.00	W	WG Bagel w/ Cream Cheese or Jelly[^]		
lunch	daily	TH	WG Breakfast Sandwich		
paid	\$2.55	F	WG Cinnamon Roll[^]		
reduced	\$.40	SERVED DAILY			
			Assorted Fruit/Fruit Juice	55-90	
			Fat Free or 1% Milk	80-120	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ♻️Vegan WG = Whole Grain 🍀 Lucky Plate Day

LUNCH

3	4	5	6	7
NO SCHOOL	^WG Cheese Crunchers	WG French Toast Sticks	~Taco w/ Corn & Edamame	^Cheese or +Pepperoni
	w/ Marinara Sauce	w/ *Sausage	w/ WG Scoops	Personal WG Pizza
	OR	OR	OR	OR
	~Teriyaki Meatballs w/ WG Veggie Rice & WG Roll	+Coconut Chicken Curry w/ Seasoned Potatoes & WG Roll	^Blueberries w/ Lowfat Vanilla Yogurt & WG Granola	+🌶️Spicy WG Chicken Patty Sandwich
	336	346	346	320-330
	435	353	440	341
	Baby Carrots 30	Grape Tomatoes 16	Salsa 5	Tossed Salad w/ Ranch Dressing 92
	Roasted Chickpeas 160	Broccoli 15	Tossed Salad w/ Ranch Dressing 92	Assorted Fruit 60-90
	Assorted Fruit 60-90	Assorted Fruit 60-90	Assorted 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	

PARENT INFORMATION A LA CARTE OPTIONS

<p>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.</p>	<p>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.</p>	<p><i>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). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.</i></p>
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