



August-September 2010 Lunch Specials



Monday	Tuesday	Wednesday	Thursday	Friday
30 Café Burger 285 w/ Sweet Potato Fries 176 *Grilled Cheese Sandwich 292 w/ Oven Baked Tater Tots 88	31 ^Cheese, ^Veggie or ^Pepperoni Personal Pizza 400-439 *Baked Chicken Nuggets 230 w/ Baked Beans 133	1 ^Macaroni & Cheese 564 w/ Green Beans 18 *Baked Chicken Patty Sandwich 420 w/ Oven Baked French Fries 156	2 Upside Down Day Pancakes 154 w/ ^Sausage 140 ^Whole Grain Chalupa 233 w/ Salsa 19	3 ^Cheese, ^Veggie or ^Pepperoni WG Pizza 300-343 *Hot Dog 260 w/ Corn 58
6 HOLIDAY LABOR DAY 	7 ^Cheese, ^Veggie or ^Pepperoni Personal Pizza 400-439 Café Burger 285 w/ Seasoned Potatoes 110	8 *Baked Chicken Nuggets 230 w/ Oven Baked Tater Tots 88 Baked Shrimp Poppers 180 w/ Macaroni & Cheese 290	9 NO SCHOOL 	10 ^Cheese, ^Veggie or ^Pepperoni WG Pizza 300-343 *MorningstarChik'n Nuggets 238 w/ Confetti Corn 58
13 Lucky Plate Day *Baked Chicken Bites 240 w/ Spanish Rice 125 ^Gardenburger® w/ Cheese 330 w/ Oven Baked French Fries 156	14 HOLIDAY PRIMARY ELECTION 	15 BBQ Beef Grill Bites 169 w/ Corn 58 *Baked Chicken Nuggets 230 w/ Oven Baked Tater Tots 88	16 *WG Chicken Drumstick 150 w/ Seasoned Potatoes 110 Fish & Cheese Nuggets 280 w/ Mixed Vegetables 45	17 ^Cheese, ^Veggie or ^Pepperoni WG Pizza 300-343 *Hot Dog 260 w/ Baked Beans 133
20 Penne Pasta 336 w/ Meatballs & Marinara Sauce *Grilled Cheese Sandwich 292 w/ Oven Baked Tater Tots 88	21 ^Cheese, ^Veggie or ^Pepperoni Personal Pizza 400-439 *Baked Chicken Nuggets 230 w/ Carrots & Corn 47	22 ^Macaroni & Cheese 564 w/ Green Beans 18 Beef Mega Slider 378 w/ Baked Sweet Potato Fries 176	23 Upside Down Day Pancakes w/ ^Sausage 371 ^Whole Grain Chalupa 233 w/ Salsa 19	24 ^Cheese ^Veggie or ^Pepperoni WG Pizza 300-343 *Baked Chicken Patty Sandwich 420 w/ Oven Baked French Fries 156
27 ^Cheese Dippers 320 w/ Salsa 19 Café Burger 285 w/ Seasoned Potatoes 110	28 ^Cheese, ^Veggie or ^Pepperoni Personal Pizza 400-439 *Roast Turkey & Gravy 123 w/ Mashed Potatoes 80	29 *Baked Chicken Nuggets 230 w/ Green Beans 18 Baked Shrimp Poppers 180 w/ Macaroni & Cheese 290	30 *Whole Grain Soft Taco 302 w/ Corn 58 *Hot Dog 260 w/ Oven Baked French Fries 156	Oct. 1 ^Cheese, ^Veggie or ^Pepperoni WG Pizza 300-343 *MorningstarChik'n Nuggets 238 w/ Baked Beans 133

Also available daily: Peanut Butter & Jelly Pocket 420 or Grilled Cheese Pocket 260. Check with your school.
 Menu Key: *Pork ^Meatless +Poultry Spicy w/ with Lucky Plate Day WG -Whole Grain
 Calories per serving appear next to each item.

Lunch Menu

Choose an entree-vegetable combination from our daily lunch specials, two side items and milk. A third entree choice, either a peanut butter and jelly pocket or grilled cheese pocket, is also available.

Side Items May Include

- Chilled 100% Fruit Juice 60-90
- Seasonal Fresh Fruit 60-90
- Assorted Fruit Cup 72-80
- Baby Carrots or Other Seasonal Fresh Vegetable 25
- Tossed Salad 5-25
- Whole Grain Breads 130-150

Milk Choices

- 1% White 100
- Fat Free White 80
- Fat Free Chocolate 120
- Fat Free Strawberry 130



Jump Start Your Day with School Breakfast

Breakfast boosts your brain power. Check out the new prices this year. Still a great value!

MEAL PRICES Elementary Schools

LUNCH	Daily	Weekly
Students, full pay	\$2.50	\$12.50
Students, reduced pay	\$.40	\$ 2.00
BREAKFAST		
Students, full pay	\$1.30	\$ 6.50
Students, reduced pay	\$.00	\$ 0.00
MILK		
	\$.60	\$ 3.00



myLunchMoney.com is an online service to make prepayments to your child's cafeteria account via the Internet with a credit/debit card. By creating a secure online account, parents can manage their child's meal account easily and conveniently.

For more information:
www.myLunchMoney.com

F.Y.I. Check Acceptance Policy

Checks used to pay for school meals must contain an address, phone number and student PIN number. Returned checks are subject to recovery for the face value and Maryland State allowed fee of \$35 through an electronic debit or paper draft to the same account. Your payment by check constitutes your acceptance of these terms. If you have any questions concerning our check acceptance policy, please call CHECKredi 1-800-239-1222.



Fresh from the Farm!

Locally grown fruits and vegetables will be featured on the menu from September 13-17, 2010 to promote Maryland Home Grown School Lunch Week. Melons, cherry tomatoes, red and green peppers, lettuce and cucumbers are some of the Maryland agricultural products that will be served in the cafeteria. We're excited to go local and promote Maryland's best... fresh from the farm. Visit www.marylandsbest.net to find out more.

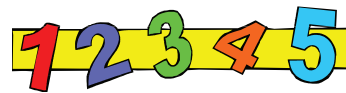


National School Lunch Week

October 11-15, 2010

Your favorite foods and activities reveal a lot about your personality. Students have the opportunity to find out about their school lunch personality by taking a fun personality quiz. Find out whether you are a social star, busy bee, sports fanatic or just totally chilled-out? Go on-line to www.whatsonyourtray.org to take the quiz. Visit your school cafeteria to enjoy a healthy and nutritious school lunch to help you get the most out of your day.

What's that number?



Wondering about the numbers that appear after the name of each menu item? It's the calories per serving. Montgomery County Council adopted Resolution 16-1194 requiring all eating and drinking establishments to post on the menu the number of calories in an item. Detailed nutrition and allergen information is always available at www.montgomeryschoolsmd.org/departments/foodserv

calories in an item. Detailed nutrition and allergen information is always available at www.montgomeryschoolsmd.org/departments/foodserv

Free and Reduced Price Meals

Applications for free and reduced price meal benefits are sent home with the youngest in family in the information packet given out at the start of each school year. Applications for parents to print and complete are also available at your school's office or on the Web at www.montgomeryschoolsmd.org/departments/foodserv/. Only one application is needed for all students in a household. Eligibility is based on income and family size.

A new application must be completed at the beginning of every school year in order to receive meal benefits. Please submit the 2010-2011 Meal Benefit Application by September 30, 2010. You will receive notice that your application has been approved or not approved through your child's school. Students whose applications are not received by September 30, 2010 will no longer receive meal benefits as of October 12, 2010, and must pay full price for meals.

October 2010 Lunch Specials

Monday	Tuesday	Wednesday	Thursday	Friday
4 *Baked Chicken Bites 240 w/ Spanish Rice 125 *Gardenburger® w/Cheese 330 w/Oven Baked French Fries 156	5 ^Cheese or *Pepperoni Personal Pizza 400-439 BBQ Beef Grill Bites 169 w/ Broccoli 16	6 *Whole Grain Soft Taco 302 w/ Corn 58 *Baked Chicken Nuggets 230 w/ Green Beans 18	7 *WG Chicken Drumstick 150 w/ Seasoned Potatoes 110 Fish & Cheese Nuggets 280 w/ Carrots & Corn 47	8 ^Cheese or *Pepperoni WG Pizza 300-343 *Hot Dog 260 w/ Baked Beans 133
11 Penne Pasta 336 w/ Meatballs & Marinara Sauce *Grilled Cheese Sandwich 292 w/ Oven Baked Tater Tots 88	12 Whole Grain Philly Cheesesteak Pocket 350 *Baked Chicken Patty Sandwich 420 w/Baked Sweet Potato Fries 176	13 *Mandarin Orange Chicken 190 w/ Carrots & Rice 121 Café Burger 285 w/Oven Baked French Fries 156	14 ^Cheese or *Pepperoni WG Pizza 300-343 *Baked Chicken Nuggets 230 w/ Baked Beans 133	15 NO SCHOOL
18 Lucky Plate Day *Cheese Dippers 320 w/ Marinara Sauce 62 Café Burger 285 w/ Seasoned Potatoes 110	19 ^Cheese or *Pepperoni Personal Pizza 400-439 *Roast Turkey & Gravy 123 w/ Mashed Potatoes 80	20 *Baked Chicken Nuggets 230 w/ Spice Bread 319 Baked Shrimp Poppers 180 w/ Macaroni & Cheese 290	21 *Chips Olé 377 w/Whole Grain Taco Pieces *Hot Dog 260 w/ Baked Beans 133	22 ^Cheese or *Pepperoni WG Pizza 300-343 *Morningstar Chik'n Nuggets 238 w/ Confetti Corn 58
25 *Baked Chicken Bites 240 w/ Spanish Rice 125 *Gardenburger® w/Cheese 330 w/Oven Baked French Fries 156	26 ^Cheese or *Pepperoni Personal Pizza 400-439 BBQ Beef Grill Bites 169 w/ Corn 58	27 *Chips Olé 377 w/Whole Grain Taco Pieces *Baked Chicken Nuggets 230 w/ Green Beans 18	28 *WG Chicken Drumstick 150 w/ Seasoned Potatoes 110 Fish & Cheese Nuggets 280 w/ Carrots & Corn 47	29 ^Cheese or *Pepperoni Pizza 300-343 *Hot Dog 260 w/ Baked Beans 133

Also available daily: Peanut Butter & Jelly Pocket 420 or Grilled Cheese Pocket 260. Check with your school.

Menu Key: *Pork ^Meatless +Poultry 🍗 Spicy w/ with 🌶️ Lucky Plate Day WG -Whole Grain

Calories per serving appear next to each item.

School meals meet the nutrition standards established by the United States Department of Agriculture for the National School Lunch And School Breakfast Programs.

Breakfast Menu

Monday French Toast Sticks 260 Orange Juice 55 Choice of Milk 80-130	Tuesday Egg & Cheese Wrap 190 Pears 80 Choice of Milk 80-130	Wednesday Pancakes 231 Apricots 80 Choice of Milk 80-130
Thursday Ham & Cheese Breakfast Sandwich 251 Apple Juice 60 Choice of Milk 80-130	Friday Cinnamon Roll 210 Peaches 70 Choice of Milk 80-130	
Daily Alternate Selections Cereal 70-130, Pancake(s) 277, Bagel 170 w/ Cream Cheese or Jelly, Bagel-Ful 190, Yogurt 200, Fruit of the Day 60-90		

The Montgomery County Public Schools prohibits discrimination on the basis of race, color, gender, religion, ancestry, national origin, marital status, age, disability, or sexual orientation. Inquiries or complaints regarding discrimination or Title IX issues such as gender equity and sexual harassment should be directed to the MCPS Compliance Officer, Office of the Deputy Superintendent at 301-517-8265, 1-800-735-2258 (Maryland Relay), or write to that office at 850 Hungerford Drive, Room 170, Rockville, MD 20850.

cut along dotted line and mail to the address below

Customer Service Comment Card

Our staff is committed to providing the highest quality school meal program. We hope that your expectations are met in a timely, efficient, and courteous manner. Please take a minute to complete and return the survey. Thank you very much for your time and input!

Name of School Your Child Attends _____

Please rate the quality of services provided. Read each statement below and check the box that best describes your answer.

	Exceeded my expectations	Met my expectations	Fell short of my expectations
1. School meals offer a variety of choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. School meals offer healthy options.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Quality of customer service is good.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Overall I am satisfied with school meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments or Suggestions _____

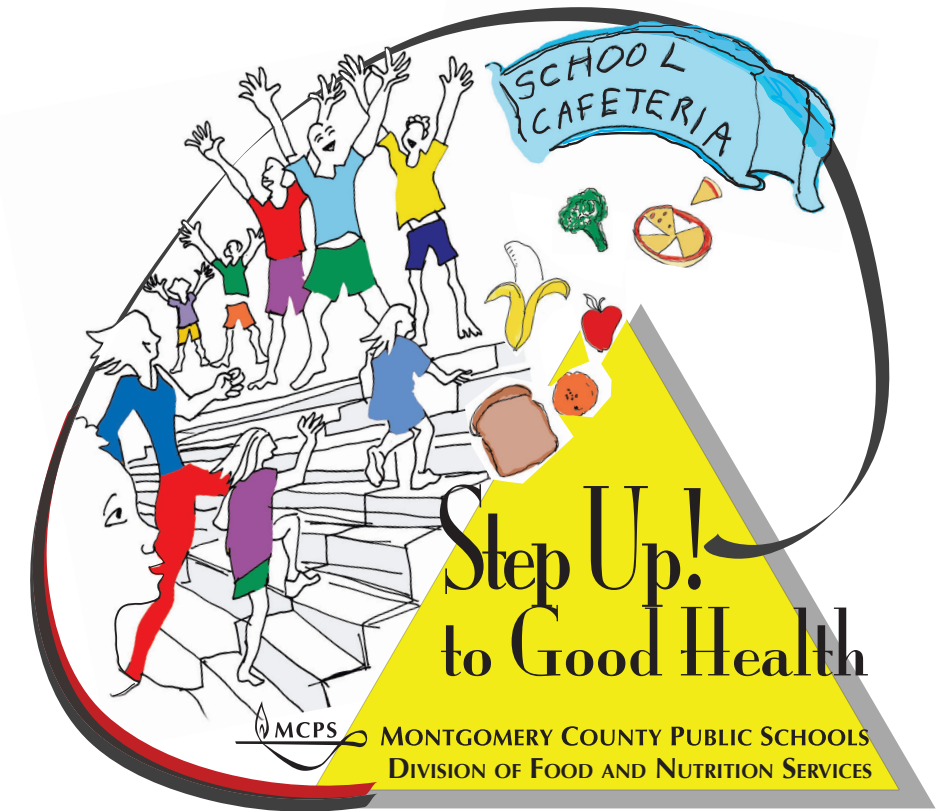
Would you like us to contact you? If so, please provide the information below.

Name _____

Daytime telephone number _____

Thank you for helping us provide better service for you.

Please return to:
Division of Food and Nutrition Services
Montgomery County Public Schools
16644 Crabbs Branch Way
Rockville, Maryland 20855



Elementary Menus for September - October 2010



This menu newsletter is published five times a year and provides 2 monthly menus at a time.

MENUS & NUTRITION & ALLERGEN INFORMATION
AVAILABLE ON THE WEB
www.montgomeryschoolsmd.org/departments/foodserv