

# MARCH 2021 ELEMENTARY MEALS

MONDAY 3/15/21		TUESDAY 3/16/21		WEDNESDAY 3/17/21		THURSDAY 3/18/21		FRIDAY 3/19/21	
CAL		CAL		BREAKFAST		CAL		CAL	
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Raspberry Bar<sup>^WG</sup></b>	<b>231</b>	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>130/70</b>	<b>Cereal<sup>^WG</sup></b>	<b>100</b>	<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>
Orange Juice	60	Orange Juice	60	Orange Juice	60	Orange Juice	60	Orange Juice	60
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120
LUNCH									
<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b>	<b>270</b>	<b>Yogurt<sup>^</sup> + Granola<sup>WG</sup></b>	<b>180/220</b>	<b>Chicken Ham<sup>+</sup> + Cheese Croissant<sup>WG</sup></b>	<b>340</b>	<b>Chicken Bites<sup>+WG</sup> Salad w/ Ranch</b>	<b>344</b>	<b>Pizza DIY Dipper Pack</b>	<b>499</b>
Hummus Cup	110	Veggie Juice	40	Roasted Chickpeas	160	Cheese Crackers	100	Sliced Apples	30
Applesauce Cup	50	Strawberry Cup	90	Sliced Apples	30	Dried Fruit Mix	120	Milk	90-120
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120		
3/22/21		3/23/21		3/24/21		3/25/21		3/26/21	
BREAKFAST									
<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>	<b>Raspberry Bar<sup>^WG</sup></b>	<b>231</b>	<b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>	<b>130/70</b>	<b>Cereal<sup>^WG</sup></b>	<b>100</b>	<b>Cinnamon Roll<sup>^WG</sup></b>	<b>232</b>
Orange Juice	60	Orange Juice	60	Orange Juice	60	Orange Juice	60	Orange Juice	60
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120
LUNCH									
<b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b>	<b>227-280</b>	<b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b>	<b>270</b>	<b>Peanut Butter Cups<sup>p</sup> + Hummus Cups<sup>^</sup> w/ Soft Pretzel<sup>WG</sup></b>	<b>473</b>	<b>Chicken Salad<sup>+</sup> Sandwich<sup>WG</sup></b>	<b>442</b>	<b>Chicken Patty<sup>+</sup> Sandwich<sup>WG</sup></b>	<b>342</b>
Roasted Chickpeas	160	Veggie Juice	40	Baby Carrots	35	Dried Fruit Mix	120	Veggie Juice	40
Applesauce Cup	50	Mixed Fruit	68	Sliced Apples	30	Milk	90-120	Sliced Apples	30
Milk	90-120	Milk	90-120	Milk	90-120			Milk	90-120

**Online Process to Request Food Assistance Resources Available 24/7.** Residents looking for information on food assistance resources can now request help by completing a simple online form. Available in seven languages (Amharic, Chinese, English, French, Korean, Spanish, and Vietnamese), the form is reviewed by a trained resource specialist, and residents receive a return phone call within one business day. The specialist will determine a resident's individual food needs and help them locate food assistance in their community. No personally identifiable information is needed to get help. Information is available about free food distribution sites, free meal and grocery delivery, SNAP (Food Stamps), local food assistance providers, and other resources in Montgomery County. Residents can also call 311 and ask for the Food Access Call Center to get help with their food needs.

Menu Key: ~ Beef Cal Calories IW Individually Wrapped  
 ^ Meatless p Peanuts \* Pork + Poultry WG = Whole Grain

**ALTERNATES** Daily Alternate (Vegetarian/Vegan):

Peanut Butter + Jelly Sandwich OR Peanut Butter Cups<sup>pv</sup> + Bagel<sup>WG</sup> · Hummus OR Cheese Sticks<sup>^</sup> · Soft Pretzel<sup>WG</sup> · Veggie Juice · Fresh Fruit · Milk

**Menu subject to change due to product supply.**

This institution is an equal opportunity provider.