

APRIL SECONDARY 2021 MEALS

MONDAY 4/26/21		TUESDAY 4/27/21 + 4/28/21 ALL SITES CLOSED ON WEDNESDAY		THURSDAY 4/29/21		FRIDAY 4/30/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY							
CAL		CAL		CAL		CAL		CAL					
BREAKFAST													
Cinnamon Roll^{^WG}	232	Raspberry Bar^{^WG}	231	Bagel^{WG} w/ Cream Cheese[^]	Multi Grain Cheerios^{^WG}	100	Cinnamon Roll^{^WG}	232	Pancakes^{^WG}	210-220	Beef Sausage[~] + Cheese		
Orange Juice	60	Orange Juice	60		130/70		Orange Juice	60	Orange Juice	60	Mini Bagel^{WG}	235	
Milk	90-120	Milk	90-120	Orange Juice	60	Milk	90-120	Milk	90-120	Milk	90-120	Orange Juice	60
				Milk	90-120							Milk	90-120
LUNCH													
Turkey Ham⁺ + Cheese Sandwich^{WG}	280	Spicy Chicken Patty[*] Sandwich^{WG}	340	Turkey⁺ + Cheese Croissant^{WG}	331	Ranch Chicken⁺ Bowl^{WG}	575	Protein Pack^{^WG}	392	Pizza^{^WGIW}	336	Mandarin Orange Chicken Bowl⁺ w/ Veggie Rice^{WG}	430
Roasted Chickpeas	160	Hummus Cup	110	Scoops ^{WG}	110	Applesauce Cup	50	Baby Carrots	35	Marinara Cup	45	Broccoli	8
Mixed Fruit	68	Sliced Apples	30	Salsa Cup	25	Milk	90-120	Sliced Apples	30	Fruit Sorbet	77	Peaches	53
Milk	90-120	Milk	90-120	Dried Fruit Mix	120			Milk	90-120	Milk	90-120	Milk	90-120
				Milk	90-120								
SUPPER													
Peanut Butter + Jelly Sandwich^{p WG}	631	Twisted Blueberry Sticks^{^WG}	380	Turkey⁺ + Cheese Sandwich^{WG}	236-270	Pizza^{^WGIW}	336						
OR		OR				Marinara Cup	45						
Grilled Cheese Sandwich^{^WGIW}	280	Cheese Sticks + Pretzel^{^WGIW}	118/140	Baby Carrots	35	Mixed Fruit	68						
Cheese Croissant Sandwich^{WG}	330	Veggie Juice	40	Fresh Fruit	30-96	Milk	90-120						
Baby Carrots	35	Peaches	53	Milk	90-120								
Craisins	110	Milk	90-120										
Milk	90-120												
SNACK													
Snack Kit^{WG}	200	Snack Kit^{WG}	200	Cereal Bowl^{WG}	100	Grahams^{WG}	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 Cups^{pv} · Bagel^{WG} · Veggie Juice · Fresh Fruit · Milk OR Cheese Sticks[^] · Soft Pretzel^{WG} · Veggie Juice · Fresh Fruit · Milk

Menu subject to change due to product supply.

This institution is an equal opportunity provider.