

APRIL SECONDARY 2021 GRAB + GO MEALS

| MONDAY 4/5/21 | | TUESDAY 4/6/21 + 4/7/21 ALL SITES CLOSED ON WEDNESDAY | | THURSDAY 4/8/21 | | FRIDAY 4/9/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY | | | | | | |
|------------------|---|--|--|-------------------------------------|---|--|-----------------------|-------------------------|---------------------------------|------------------------------------|-------------------------------------|--------|
| CAL | | CAL | | CAL | | CAL | | | | | | |
| BREAKFAST | | | | | | | | | | | | |
| NO SCHOOL | Raspberry Bar ^{^WG} | 231 | Bagel ^{WG} w/ Cream Cheese [^] | Multi Grain Cheerios ^{^WG} | 100 | Cinnamon Roll ^{^WG} | 232 | Pancakes ^{^WG} | 210-220 | Egg + Cheese Wrap ^{^WGIW} | 180 | |
| | Orange Juice | 60 | | 130/70 | Orange Juice | 60 | Orange Juice | 60 | Orange Juice | 60 | Orange Juice | 60 |
| | Milk | 90-120 | Orange Juice | 60 | Milk | 90-120 | Milk | 90-120 | Milk | 90-120 | Milk | 90-120 |
| LUNCH | | | | | | | | | | | | |
| NO SCHOOL | Chicken Patty ⁺ Sandwich ^{WG} | 340 | Yogurt [^] + Granola ^{WG} | 180/220 | Turkey ⁺ + Cheese Sandwich ^{WGIW} | 236-270 | Pizza DIY Dipper Pack | 499 | Cheese Cavatappi ^{WG^} | 428 | Chicken Drumstick ^{^WG} | |
| | Hummus Cup | 110 | Veggie Juice | 40 | Salsa Cup | 25 | Sliced Apples | 30 | Roasted Chickpeas | 160 | w/ Baked Fries + Roll ^{WG} | 330/70 |
| | Peaches | 53 | Blueberry Cup | 40 | Scoops ^{WG} | 110 | Milk | 90-120 | Craisins | 110 | Fruit Sorbet | 77 |
| | Milk | 90-120 | Milk | 90-120 | Craisins | 110 | | | Milk | 90-120 | Milk | 90-120 |
| | | | | | Milk | 90-120 | | | | | | |
| SUPPER | | | | | | | | | | | | |
| NO SCHOOL | Twisted Blueberry Sticks ^{^WG} | 380 | Peanut Butter + Jelly Sandwich ^{WG} | 631 | Hummus Cups [^] w/ Cheese Crackers ^{WG} | 320 | | | | | | |
| | OR | | OR | | Baby Carrots | 35 | | | | | | |
| | Cheese Sticks + Pretzel ^{^WGIW} | 118/140 | Grilled Cheese Sandwich ^{^WGIW} | 280 | Peaches | 53 | | | | | | |
| | Baby Carrots | 35 | Cheese Croissant Sandwich ^{WG} | 330 | Milk | 90-120 | | | | | | |
| | Fresh Fruit | 30-96 | Veggie Juice | 40 | | | | | | | | |
| | Milk | 90-120 | Craisins | 110 | | | | | | | | |
| | | | Milk | 90-120 | | | | | | | | |
| SNACK | | | | | | | | | | | | |
| NO SCHOOL | 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.