

PRE-K HEAD START SCHOOL MENU

MAY 2024

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle w/ Syrup	200 120	35 31	Mini Pancakes w/ Syrup	200 120	35 31	Chicken Biscuit WG Sandwich	250 60	31 14	Turkey Ham+ & Cheese on a Hawaiian Bun	270 35	30 9	Maryland Made Cinnamon Roll	232 59	38 1
Apple Juice	60	4	Orange Juice	35	9	Apple Juice	60	14	Orange Juice	35	9	Cheese Stick	59	1
												Apple Juice	60	14

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
04/29		04/30		05/01		05/02		05/03						
Turkey & Gravy w/ Sweet Potatoes, Corn & Green Beans	229	23	Veggie Burgerv on Bun w/ Crinkle Cut Potatoes	379	50	Chik'n Parmesan^ w/ Penne Pasta & Roll	413	59	Chicken WG Nuggets w/ Cheesy Spinach	379	25	Cheese Pizza ^ ^	320/330	31
Dinner Roll	80	15			Spinach Romaine and Craisin Salad w/ Spinach Dressing	64	12	Baby Carrots w/Ranch	35/55	8/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3	
						136	13					Fruit Sorbet	77	20
05/06		05/07		05/08		05/09		05/10						
Hamburger on Bun w/ Bk Fr Potatoes	415	45	Chicken Bites & Orange Sauce w/ WG Veg Rice	453	58	Chik'n Nuggets^ w/ Mac & Cheese	513	36	Crunchy Beef Taco~ w/ Corn & Edamame & Scoops	184	23	Cheese Pizza ^	320/330	31
			Celery Sticks w/ Ranch	4/55	1/3	Tossed Salad w/ Ranch	20/55	4/3		110	19	Assorted Fresh Veggies w/ Ranch	14/55	3/3
05/13		05/14		05/15		05/16		05/17						
Chicken Walking Taco w/ Corn	206	23	HOLIDAY Primary Election		Cheese Lasagna^ & Marinara Sauce	259	39	BBQ Beef Sandwich w/ Green Beans	641	69	Cheese Pizza ^	320/330	31	
Walking Taco Corn Chips	240	24			Spinach Romaine and Craisin Salad w/ Spinach Dressing	64	12					136	13	
05/20		05/21		05/22		05/23		05/24						
Cheese Crunchers^ w/ Marinara Sauce	485	54	Hamburger on Bun w/ Crinkle Cut Potatoes	404	43	Teriyaki Beef Bites w/ WG Veg Rice	379	58	Chicken WG Nuggets w/ Blueberry Bread	482	46	Cheese Pizza ^	320/330	31
					Tossed Salad w/ Ranch	20/55	4/3	Tossed Salad w/ Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3	
05/27		05/28		05/29		05/30		05/31						
HOLIDAY Memorial Day		Turkey & Gravy w/ Sweet Potatoes, Corn & Green Beans	229	23	Chik'n Parmesan^ w/ Penne Pasta	413	59	Chicken Walking Taco w/ Corn	206	23	Cheese Pizza ^	320/330	31	
		Roll	80	15	Baby Carrots w/Ranch	35/55	8/3	Walking Taco Corn Chips	240	24	Spinach Romaine and Craisin Salad w/ Spinach Dressing	64	12	

Assorted fruit and milk are available at every meal.
Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 13–20

Additional Vegan/Vegetarian options include peanut butter & jelly sandwich, grilled cheese sandwich, waffle & yogurt, hummus, and fruit and yogurt parfait. Please let your cafeteria manager know if you are interested in ordering any of these options.

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^Vegan WG = Whole Grain

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)
 • Dinner Roll: 80 / 15 Hamburger Bun: 140 / 27
 • Hot Dog Bun: 130 / 26 Scoops: 110 / 19
 • Walking Taco Corn Chips: 240/24



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services