

ELEMENTARY SCHOOL MENU

FEBRUARY 2024

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
Belgian Waffle w/ Syrup Apple Juice	200 120 60	35 31 4	Mini Pancakes w/Syrup Orange Juice	210 120 35	35 3 9	Chicken Biscuit WG Sandwich Apple Juice	250 60	31 14	Turkey Ham+ & Cheese Breakfast Sandwich Orange Juice	270 35	30 9	Maryland Made Cinnamon Roll Apple Juice	232 60	38 14

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
01/29			01/30			01/31			02/01			02/02		
No School Day			Chik'n WG Nuggets ^v w/ Green Beans & Roll <i>OR</i>	355	46	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips <i>OR</i>	206	23	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	462	22	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
			Cheesy French Bread^ Marinara Cup	383 40	29 7	Macaroni & Cheese w/ Fish Bites	346	29	Veggie Burger ^v on Bun w/ Crinkle Cut Potatoes	379	50	Turkey Ham & Cheese Croissant Sandwich	348	32
			Baby Carrots w/Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	18/55	4/3	Spinach, Romaine & Craisin Salad w/Dressing	64 136	12 13	Spinach, Romaine & Craisin Salad w/Dressing	64 136	12 13
			Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27	Hummus Cup	110	18	Hummus Cup	110	18
02/05			02/06			02/07			02/08			02/09		
Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404	42	BBQ Pulled Chicken Sandwich w/Corn <i>OR</i>	359	58	Chik'n WG Nuggets ^v w/ Macaroni & Cheese & Roll <i>OR</i>	513 80	46 15	Crunchy Beef Taco w/ Corn & Edamame & Scoops Salsa <i>OR</i>	184 110 45	23 19 8	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Chicken WG Bites w/ Red Rosemary Potatoes & Roll <i>OR</i>	316 80	32 15	Pancakes & Syrup w/ Yogurt & Cheese Stick	210/240 80/59	36/62 15/1	Meatball Sub~ w/ Seasoned Potatoes	477	55	Grilled Cheese^ WG Sandwich	280	31	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Fruit & Yogurt Parfait ^ w/ Granola	220 218	47 47	Celery Sticks w/ Ranch	4/55	1/3	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
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									
Baby Carrots w/Ranch	35/55	8/3												
02/12			02/13			02/14			02/15			02/16		
Chicken WG Nuggets w/ Corn & Roll <i>OR</i>	295 80	29 15	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll <i>OR</i>	379 80	58 15	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips <i>OR</i>	206 240	23 24	Cheese Lasagna Marinara^ w/ Green Beans & Roll <i>OR</i>	295 80	47 15	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Veggie Burger ^v on Bun w/ Crinkle Cut Potatoes	379	50	Protein Packed Pasta ^v w/ Roll	239 80	40 15	Belgian Waffle w/ Syrup & Yogurt^	200/120 180	35/31 38	Chik'n WG Nuggets ^v w/ Seasoned Potatoes & Roll	387 80	49 15	Turkey & Gravy w/ Sweet Potatoes & Green Beans & Roll	221 80	21 15
Baby Carrots w/Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	18/55	4/3	Spinach, Romaine & Craisin Salad w/Dressing	64 136	12 13	Spinach, Romaine & Craisin Salad w/Dressing	64 136	12 13	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	4/55	1/3	Hummus Cup	110	18	Hummus Cup	110	18			
						Fruit Sorbet	77	20						

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
02/19			02/20			02/21			02/22			02/23		
President's Day Holiday			Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404	42	Cheesy Crunchers w/ Marinara Sauce <i>OR</i>	485	54	Crunchy Beef Taco w/ Corn & Edamame & Scoops Salsa <i>OR</i>	184	23	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
			Chicken WG Bites w/ Seasoned Potatoes & Roll <i>OR</i>	356	38	Chicken Enchilada Empanada	300	36	Grilled Cheese^ WG Sandwich	280	31	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
			Fruit & Yogurt Parfait ^ w/ Granola	220	47	Celery Sticks w/ Ranch	4/55	1/3	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
			Crinkle Cut Potatoes	218	47	Roasted Chickpeas	180	27						
Baby Carrots w/Ranch	99	15												
	35/55	8/3												
02/26			02/27			02/28			02/29			03/01		
Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404	42	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	462	22	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll <i>OR</i>	379	58	Chicken WG Nuggets w/ Cheesy Spinach & Roll <i>OR</i>	379	25	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Turkey Sausage & Cheese Egg Bites w/Seasoned Potatoes & Belgian WG Waffle <i>OR</i>	379	30	Grilled Cheese^ WG Sandwich	280	31	Chik'n Parmesan^ w/ Penne Pasta & Roll	413	59	Three Bean Chili w/ Corn^ & Scoops	167	33	Turkey & Cheese Croissant Sandwich	331	32
Yogurt & Granola	180/220	38/47	Celery Sticks w/ Ranch	4/55	1/3	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
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									
Baby Carrots w/Ranch	35/55	8/3												
Salsa Cup	25	5												
Assorted fruit and milk are available at every meal.			Assorted fruit: Calories 20–127; Carbs 7–33			Milk: Calories 90–120; Carbs 12–20								

Paid Meal Prices: Breakfast \$1.30 Lunch \$2.55

All meals are free for students who qualify for Free or Reduced priced meals.

Students eligible for reduced price meals will not be charged.



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.

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

MySchoolBucks.com is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to **MySchoolBucks.com** to register.

DAILY ALTERNATIVES/NUTRITION INFORMATION

Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. Please check with your school cafeteria manager for your options.

Please check the website for menu changes in the event of a change to the school schedule. Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/

Please note that the calculated calories of some main choices may include a whole grain item that has a calorie range of 70–180 calories.