


ELEMENTARY SCHOOL MENU

OCTOBER 2023

BREAKFAST ITEMS

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

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
10/02		10/03		10/04		10/05		10/06						
Chicken WG Nuggets w/ Crinkle Cut Potatoes & Roll <i>OR</i>	419 45	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	462 240	22 62	Turkey Frank+ on a Bun w/ Ranchero Beans <i>OR</i>	445 80	56 15	Penne Pasta w/ Meat Sauce~ & Roll <i>OR</i>	301 80	55 15	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31	
Turkey Sausage+ & Cheese Egg Bites w/ Seasoned Potatoes	379 200 99 35/55	31	Cheesy French Bread Marinara Cup	383 40	29 7	Meatballs Teriyaki~ w/ WG Veg Rice & Roll	412 80	48 15	Chik'n WG Nuggets ^v w/ Green Beans & Roll	355	46	Three Bean Chili ^v w/ Corn & WG Scoops	277	52
Belgian WG Waffle	200	35	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												
10/09		10/10		10/11		10/12		10/13						
No School Day 		Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404 240	42 24	BBQ Pulled Chicken Sandwich w/Corn <i>OR</i>	272	50	Crunchy Beef Taco w/ Green Beans & Scoops <i>OR</i>	238	31	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31	
		Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	487	55	WG Pancakes & Syrup Yogurt & Cheese Stick	210/240 80/59	35/62 15/1	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31	
			Crinkle Cut Potatoes	99	15	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
			Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27						
10/16		10/17		10/18		10/19		10/20						
Teriyaki Beef Bites~ w/ Veg Rice & Roll <i>OR</i>	459 73	Chicken Walking Taco w/ Corn Chips <i>OR</i>	278 240	31 24	Turkey Frank+ on a Bun w/ Ranchero Beans <i>OR</i>	445 80	56 15	Chik'n WG Nuggets ^v w/ Green Beans & Roll <i>OR</i>	355 64	46 12	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31	
Chicken Patty WG Sandwich	342	36	Grilled Cheese WG Sandwich	280	31	Belgian Waffle & Yogurt	200 180	35 38	Turkey & Cheese Croissant Sandwich	320	31	Three Bean Chili ^v w/ Corn & WG Scoops	277	52
Baby Carrots w/Ranch	35/55	8/3	Crinkle Cut Potatoes	99	15	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
Grape Tomatoes w/ Ranch	18/55	4/3	Celery Sticks w/ Ranch	4/55	1/3	Roasted Chickpeas	180	27	Hummus Cup	110	18			

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.


Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
10/23			10/24			10/25			10/26			10/27		
Hamburger~ on WG Bun w/Crinkle Cut Potatoes <i>OR</i>	404	42	Cheese WG Crunchers w/ Marinara Sauce <i>OR</i>	487	55	Pancakes & Syrup w/ Yogurt & Cheese Stick <i>OR</i>	210/240 80/59	35/62 15/1	Crunchy Beef Taco~ w/ Corn & Green Beans & WG Scoops <i>OR</i>	264	38	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	487	55	Chicken Patty WG Sandwich	342	36	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll	459	73	Turkey Ham+ & Cheese WG Croissant Sandwich	348	32	Veggie Burger v w/ Crinkle Cut Potatoes	379	50
Crinkle Cut Potatoes	99	15	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
Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27									
10/30			10/31			11/01			11/02			11/03		
Chicken WG Nuggets w/ Crinkle Cut Potatoes & Roll <i>OR</i>	419	45	French Toast WG Sticks w/ Sausage* & Syrup <i>OR</i>	462	22	No School Day 			Teriyaki Beef Bites~ w/ Veg Rice & Roll <i>OR</i>	459	73	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Turkey Sausage+ & Cheese Egg Bites	379	31	Grilled Cheese WG Sandwich	280	31				Chik'n WG Nuggets ^v w/ Green Beans & Roll	355	46	Three Bean Chili ^v w/ Corn & WG Scoops	277	52
Belgian WG Waffle	200	35							Caesar Salad	17	3	Caesar Salad	17	3
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	4/55	1/3				w/Dressing	63	2	w/Dressing	63	2
Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27									

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.