

ELEMENTARY SCHOOL MENU

MAY 2024

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
Belgian Waffle w/ Syrup	200	35	Mini Pancakes w/ Syrup	210	35	Chicken Biscuit WG Sandwich	250	31	Turkey Ham+ & Cheese Breakfast Sandwich	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	120	31	Orange Juice	120	3	Apple Juice	60	14	Orange Juice	35	9	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	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206	23	French Toast Sticks w/ Sausage* & Syrup	462	22	Chicken WG Nuggets w/ Cheesy Spinach & Roll	379	25	Pizza, Cheese or Pepperoni+~	320/330	31
Dinner Roll	80	15	OR	240	24	OR	240	62	OR	80	15	OR		
Grilled Cheese^ WG Sandwich	280	31	Veggie Burger^ w/ Crinkle Cut Potatoes	379	50	Chik'n Parmesan^ w/ Penne Pasta & Roll	413	59	Three Bean Chili w/ Corn^ & Scoops	167	33	Turkey & Cheese Croissant Sandwich	331	31
Grape Tomatoes w/ Ranch	18/55	4/3	Crinkle Cut Potatoes	99	15	Spinach, Romaine & Craisin Salad	64	12	Spinach, Romaine & Craisin Salad w/ Dressing	64	12	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Baby Carrots w/ Ranch	35/55	8/3	Celery Sticks w/ Ranch Salsa	4/55	1/3	Hummus Cup	136	13	Hummus Cup	136	13	Fruit Sorbet	77	20
				45	8		110	18		110	18			
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 & Roll	513	36	Crunchy Beef Taco~ w/ Corn & Edamame & Scoops	184	23	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR			OR	80	15	OR	110	19	OR		
BBQ Pulled Chicken Sandwich w/ Corn	372	59	Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick	210/240	36/62	Meatball Sub w/ Seasoned Potatoes	527	66	Grilled Cheese^ WG Sandwich	280	31	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Fruit & Yogurt^ Parfait w/ WG Granola	220	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												
05/13			05/14			05/15			05/16			05/17		
Chicken Walking Taco w/ Corn	206	23				Cheese Lasagna w/ Marinara Sauce & Roll	259	47	BBQ Beef Sandwich w/ Green Beans	641	69	Pizza, Cheese or Pepperoni+~	320/330	31
& Walking Taco Corn Chips	240	24				OR	80	15	OR			OR		
OR						OR			OR			OR		
Turkey Sausage & Cheese Egg Bites w/ Potatoes & Belgian WG Waffle	379	30				Chicken Patty WG Sandwich	342	36	Grilled Cheese^ WG Sandwich	280	31	Veggie Burger^ w/ Crinkle Cut Potatoes	379	50
OR	240	34												
Yogurt & Granola	180/220	38/47				Grape Tomatoes w/ Ranch	18/55	4/3	Spinach, Romaine & Craisin Salad w/ Dressing	64	12	Spinach, Romaine & Craisin Salad w/ Dressing	64	12
Baby Carrots w/ Ranch	35/55	8/3				Celery Sticks w/ Ranch	4/55	1/3	Hummus Cup	136	13	Hummus Cup	136	13
Crinkle Cut Potatoes	99	15								110	18		110	18

HOLIDAY
Primary Election

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
05/20			05/21			05/22			05/23			05/24		
Cheese Crunchers [^] w/ Marinara Sauce OR	485	54	Hamburger on Bun~ w/ Crinkle Cut Potatoes OR	404	43	Teriyaki Beef Bites w/ WG Veg Rice & Roll OR	379	58	Chicken WG Nuggets w/ Blueberry Bread OR	482	46	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Chicken Enchilada Empanada OR	300	36	Chik'n Nuggets ^v w/ Crinkle Cut Potatoes & Roll OR	346	39	Pancakes & Syrup w/ Yogurt [^] & Cheese [^] Stick	210/240 180/59	36/62 15/1	Three Bean Chili w/ Corn ^v & Scoops	167 110	33 19	Turkey Ham+ & Cheese Croissant Sandwich	348	32
Celery Sticks w/ Ranch	4/55	1/3	Crinkle Cut Potatoes	99	15	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	Grape Tomatoes w/ Ranch	18/55	4/3									
			Roasted Chickpeas	180	27									

05/27			05/28			05/29			05/30			05/31		
<h2>HOLIDAY Memorial Day</h2>			Turkey & Gravy w/ Sweet Potatoes, Corn & Green Beans Dinner Roll OR	229	23	French Toast Sticks w/ Sausage* & Syrup OR	462	22	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips OR	206	23	Pizza, Cheese or Pepperoni+~ OR	320/330	31
			Grilled Cheese [^] WG Sandwich	280	31	Chik'n Parmesan [^] w/ Penne Pasta & Roll	413	59	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50	Turkey & Cheese Croissant Sandwich	331	31
			Baby Carrots w/ Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	18/55	4/3	Spinach, Romaine & Craisin Salad w/ Dressing	64	12	Spinach, Romaine & Craisin Salad w/ Dressing	64	12
			Roasted Chickpeas	180	27	Celery Sticks w/ Ranch	4/55	1/3	Hummus Cup	136	13	Hummus Cup	136	13
										110	18		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

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

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 recurring 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.

