# Elementary School Menu - April 2024

## Breakfast Items Offered Every Day

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belgian Waffle w/ Syrup</td>
<td>200</td>
<td>35</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>4</td>
</tr>
<tr>
<td>Mini Pancakes w/ Syrup</td>
<td>210</td>
<td>35</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>35</td>
<td>9</td>
</tr>
<tr>
<td>Chicken Biscuit WG Sandwich</td>
<td>250</td>
<td>31</td>
</tr>
<tr>
<td>Turkey Ham &amp; Cheese Breakfast Sandwich</td>
<td>270</td>
<td>30</td>
</tr>
<tr>
<td>Maryland Made Cinnamon Roll</td>
<td>232</td>
<td>38</td>
</tr>
</tbody>
</table>

## Lunch

### Monday (04/01)
- Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
  - 206 calories, 23 grams of carbs
- Veggie Burger w/ Crinkle Cut Potatoes & Salsa
  - 379 calories, 50 grams of carbs
- Crinkle Cut Potatoes & Roasted Chickpeas & Salsa
  - 99 calories, 15 grams of carbs

### Tuesday (04/02)
- Hamburger on Bun w/ Bk Fr Potatoes & BBQ Pulled Chicken Sandwich w/ Corn
  - 415 calories, 45 grams of carbs
- Fruit & Yogurt Parfait w/ WG Granola & Crinkle Cut Potatoes & Roasted Chickpeas
  - 220 calories, 47 grams of carbs

### Wednesday (04/03)
- Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
  - 206 calories, 23 grams of carbs
- French Toast Sticks w/ Sausage & Syrup OR Chik’n Parmesan w/ Penne Pasta & Roll
  - 462 calories, 22 grams of carbs
- Grape Tomatoes w/ Ranch & Baby Carrots w/ Ranch
  - 18/55 calories, 4/3 grams of carbs

### Thursday (04/04)
- Chicken Biscuit WG Sandwich
  - 250 calories, 31 grams of carbs
- Chicken WG Nuggets w/ Seasoned Potatoes & Roll OR Grilled Cheese^ WG Sandwich
  - 462 calories, 22 grams of carbs
- Spinach, Romaine & Craisin Salad w/Dressing & Hummus Cup
  - 64 calories, 12 grams of carbs

### Friday (04/05)
- Pizza, Cheese or Pepperoni+
  - 380 calories, 41 grams of carbs
- Three Bean Chili w/Corn & Scoops
  - 280 calories, 31 grams of carbs
- Sliced Buffalo Chicken & Cheese Croissant Sandwich
  - 314 calories, 31 grams of carbs

### Holiday (04/08)
- Hamburger on Bun w/ Bk Fr Potatoes OR BBQ Pulled Chicken Sandwich w/ Corn OR Fruit & Yogurt Parfait w/ WG Granola OR Crinkle Cut Potatoes
  - 415 calories, 45 grams of carbs

### No School Day (04/15)
- Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
  - 206 calories, 23 grams of carbs
- Chik’n Nuggets w/ Cheesy Spinach & Roll OR Chicken Enchilada Empanada IW
  - 386 calories, 34 grams of carbs
- Crinkle Cut Potatoes & Baby Carrots w/Ranch
  - 99 calories, 15 grams of carbs

### 04/16
- Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
  - 206 calories, 23 grams of carbs
- Chik’n Nuggets w/ Cheesy Spinach & Roll OR Chicken Enchilada Empanada IW
  - 386 calories, 34 grams of carbs
- Crinkle Cut Potatoes & Baby Carrots w/Ranch
  - 99 calories, 15 grams of carbs

### 04/17
- BBQ Beef Sandwich w/ Corn & Green Beans OR Cheese Lasagna w/ Marinara Sauce & Roll
  - 375 calories, 46 grams of carbs
- Spinach, Romaine & Craisin Salad w/Dressing & Hummus Cup
  - 18/55 calories, 4/3 grams of carbs

### 04/18
- Chicken WG Nuggets w/ Blueberry Bread OR Grilled Cheese^ WG Sandwich
  - 402 calories, 46 grams of carbs
- Spinach, Romaine & Craisin Salad w/Dressing & Hummus Cup
  - 18/55 calories, 4/3 grams of carbs

### 04/19
- Pizza, Cheese or Pepperoni+ OR Veggie Burger w/ Crinkle Cut Potatoes
  - 380 calories, 31 grams of carbs
- Assorted Fresh Veggies w/ Ranch
  - 14/55 calories, 3/3 grams of carbs

This institution is an equal opportunity provider.  Montgomery County Public Schools Division of Food and Nutrition Services
## Lunch Menu

<table>
<thead>
<tr>
<th>Monday 04/22</th>
<th>Tuesday 04/23</th>
<th>Wednesday 04/24</th>
<th>Thursday 04/25</th>
<th>Friday 04/26</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger on Bun ~ w/ Bk Fr Potatoes</td>
<td>Chicken Bites &amp; Orange Sauce w/ WG Veg Rice</td>
<td>Crunchy Beef Taco ~ w/ Corn &amp; Edamame &amp; Scoops Salsa</td>
<td>Pizza, Cheese or Pepperoni + ~ OR</td>
<td></td>
</tr>
<tr>
<td>OR</td>
<td>OR</td>
<td>OR</td>
<td>320/330 31</td>
<td></td>
</tr>
<tr>
<td>Chik'n Nuggets v w/ Crinkle Cut Potatoes &amp; Roll</td>
<td>Pancakes &amp; Syrup w/ Yogurt^ &amp; Cheese ^ Stick</td>
<td>Turkey &amp; Gravy w/ Sweet Potatoes &amp; Green Beans &amp; Roll</td>
<td>Turkey Ham + &amp; Cheese Croissant Sandwich</td>
<td></td>
</tr>
<tr>
<td>OR</td>
<td>210/240 180/59</td>
<td>OR</td>
<td>348 32</td>
<td></td>
</tr>
<tr>
<td>Crinkle Cut Potatoes</td>
<td>36/62</td>
<td>OR</td>
<td>OR</td>
<td></td>
</tr>
<tr>
<td>Baby Carrots w/ Ranch</td>
<td>18/55</td>
<td>Fruit &amp; Yogurt ^ Parfait w/ WG Granola</td>
<td>Tossed Salad w/ Ranch</td>
<td></td>
</tr>
<tr>
<td>35/55 8/3</td>
<td>4/3</td>
<td>20/55 4/3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### NO SCHOOL DAY

- **Monday 04/22**: Hamburger on Bun ~ w/ Bk Fr Potatoes OR Chik'n Nuggets v w/ Crinkle Cut Potatoes & Roll OR Crinkle Cut Potatoes OR Baby Carrots w/ Ranch
- **Tuesday 04/23**: Hamburger on Bun ~ w/ Bk Fr Potatoes OR Chik'n Nuggets v w/ Crinkle Cut Potatoes & Roll OR Crinkle Cut Potatoes OR Baby Carrots w/ Ranch

### DAILY ALTERNATIVES/NUTRITION INFORMATION

Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, and fruit and yogurt 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/](http://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.

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### Menu Key

- Cal = Calories  
- Carb = Carbohydrates  
- ~ = Beef  
- * = Pork  
- + = Poultry  
- ^ = Vegan

### Assorted Fruit and Milk

- Assorted fruit and milk are available at every meal.
- Assorted fruit: Calories 20–127; Carbs 7–33
- Milk: Calories 90–120; Carbs 12–20

### MySchoolBucks.com

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](https://www.myschoolbucks.com) to register.

### 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

### 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.

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### 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.