

ELEMENTARY SCHOOL MENU

APRIL 2024

BREAKFAST ITEMS OFFERED EVERYDAY

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

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/01	04/02	04/03	04/04	04/05

HOLIDAY

	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips OR Veggie Burger ^v w/ Crinkle Cut Potatoes Crinkle Cut Potatoes Roasted Chickpeas Salsa	French Toast Sticks w/ Sausage* & Syrup OR Chik'n Parmesan^ w/ Penne Pasta & Roll Grape Tomatoes w/ Ranch Baby Carrots w/Ranch	Chicken WG Nuggets w/ Seasoned Potatoes & Roll OR Grilled Cheese^ WG Sandwich Spinach, Romaine & Craisin Salad w/Dressing Hummus Cup	Pizza, Cheese or Pepperoni+~ OR Three Bean Chili w/Corn ^v & Scoops Spinach, Romaine & Craisin Salad w/Dressing Hummus Cup
	206 23 240 24 379 50 99 15 180 27 45 8	462 22 240 62 413 59 80 15 18/55 4/3 35/55 8/3	380 41 80 15 280 31 64 12 136 13 110 18	320/330 31 167 33 110 19 64 12 136 13 110 18

04/08	04/09	04/10	04/11	04/12
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Hamburger on Bun~ w/ Bk Fr Potatoes OR BBQ Pulled Chicken Sandwich w/Corn OR Fruit & Yogurt^ Parfait w/ WG Granola Crinkle Cut Potatoes Baby Carrots w/Ranch	Chicken Bites & Orange Sauce w/ WG Veg Rice OR Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick Celery Sticks w/ Ranch Roasted Chickpeas	NO SCHOOL DAY		Crunchy Beef Taco~ w/ Corn & Edamame & Scoops Salsa OR Grilled Cheese^ WG Sandwich Tossed Salad w/Ranch	Pizza, Cheese or Pepperoni+~ OR Sliced Buffalo Chicken & Cheese Croissant Sandwich Assorted Fresh Veggies w/ Ranch
415 45 372 59 220 47 218 47 99 15 35/55 8/3	453 58 210/240 36/62 180/59 15/1 4/55 1/3 180 27			184 23 110 19 45 8 280 31 20/55 4/3	320/330 31 314 31 14/55 3/3

04/15	04/16	04/17	04/18	04/19
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Chicken Walking Taco w/ Corn & Walking Taco Corn Chips OR Turkey Sausage & Cheese Egg Bites w/ Potatoes & Belgian WG Waffle OR Yogurt & Granola Baby Carrots w/Ranch Crinkle Cut Potatoes	Chik'n Nuggets ^v w/ Cheesy Spinach & Roll OR Chicken Enchilada Empanada IW Grape Tomatoes w/ Ranch Celery Sticks w/ Ranch	BBQ Beef Sandwich w/ Corn & Green Beans OR Cheese Lasagna w/ Marinara Sauce & Roll Spinach, Romaine & Craisin Salad w/Dressing Hummus Cup	Chicken WG Nuggets w/ Blueberry Bread OR Grilled Cheese^ WG Sandwich Spinach, Romaine & Craisin Salad w/Dressing Hummus Cup	Pizza, Cheese or Pepperoni+~ OR Veggie Burger ^v w/ Crinkle Cut Potatoes Assorted Fresh Veggies w/ Ranch
206 23 240 24 379 30 240 34 180/220 38/47 35/55 8/3 99 15	386 34 80 15 300 36 18/55 4/3 4/55 1/3	375 46 259 47 80 15 64 12 136 13 110 18	482 46 280 31 64 12 136 13 110 18	320/330 31 379 50 14/55 3/3

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
04/22			04/23			04/24			04/25			04/26		
NO SCHOOL DAY			Hamburger on Bun~ w/ Bk Fr Potatoes OR	415	45	Chicken Bites & Orange Sauce w/ WG Veg Rice OR	453	58	Crunchy Beef Taco~ w/ Corn & Edamame & Scoops Salsa OR	184 110 45	23 19 8	Pizza, Cheese or Pepperoni+~ OR	320/330	31
			Chik'n Nuggets' w/ Crinkle Cut Potatoes & Roll OR	356	38	Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick	210/240 180/59	36/62 15/1	Turkey & Gravy w/ Sweet Potatoes & Green Beans & Roll OR	221 80	21 15	Turkey Ham+ & Cheese Croissant Sandwich	348	32
			Crinkle Cut Potatoes	99	15	Grape Tomatoes w/ Ranch	18/55	4/3	Fruit & Yogurt^ Parfait w/ WG Granola	220 218	47 47	Tossed Salad w/ Ranch	20/55	4/3
			Baby Carrots w/ Ranch	35/55	8/3	Roasted Chickpeas	180	27	Tossed Salad w/ Ranch	20/55	4/3			
04/29			04/30			05/01			05/02			05/03		
Turkey & Gravy w/ Sweet Potatoes, Corn & Green Beans Dinner Roll OR	229 80	23 15	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips OR	206 240	23 24	French Toast Sticks w/ Sausage* & Syrup OR	462 240	22 62	Chicken WG Nuggets w/ Cheesy Spinach & Roll OR	379 80	25 15	Pizza, Cheese or Pepperoni+~ OR	320/330	31
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	167 110	33 19	Turkey & Cheese Croissant Sandwich	331	31
Grape Tomatoes w/ Ranch	18/55	4/3	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
Baby Carrots w/ Ranch	35/55	8/3	Salsa Celery Sticks w/ Ranch	45 4/55	8 1/3	Hummus Cup	110	18	Hummus Cup	110	18	Fruit Sorbet	77	20

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 ^Vegan

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.