

ELEMENTARY SCHOOL MENU

AUGUST-SEPTEMBER 2023

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB			CAL CARB			CAL CARB			CAL CARB					
Belgian Waffle w/Syrup	360	65	Mini Pancakes w/Syrup	330	66	Chicken Biscuit WG Sandwich	250	31	Turkey Ham+ & Cheese Breakfast Sandwich	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	16	Apple Juice	60	16

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY				
08/28			08/28			08/28			08/28			09/01				
Hamburger on WG Bun w/ Crinkle Cut Potatoes <i>OR</i>	404	42	Cheese Crunchers w/ Marinara Sauce <i>OR</i>	487	55	Pancakes & Syrup w/ Yogurt & Cheese Stick <i>OR</i>	210/240 180/59	35/62 38/1	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											
09/04			09/05			09/06			09/07			09/08				
Holiday 			French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	462	26	Chicken Nuggets w/ Crinkle Cut Potatoes & Roll <i>OR</i>	419	45	Spaghetti & Meatballs~ w/ Roll <i>OR</i>	393 80	43 15	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31		
			Grilled Cheese WG Sandwich	280	31	Turkey Sausage+ & Cheese Egg Bites w/ Seasoned Potatoes	379	31	Chik'n WG Nuggetsv w/ Corn & Roll	373	48	Three Bean Chili ^v w/ Corn & WG Scoops	277	52		
			Baby Carrots w/Ranch	35/55	8/3	Belgian WG Waffle	200	35	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3		
			Celery Sticks w/ Ranch	20/55	1/3	Grape Tomatoes w/ Ranch	18/55	4/3								
09/11			09/12			09/13			09/14			09/15				
Chicken WG Bites w/ Corn & Green Beans <i>OR</i>	353	41	Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404	42	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		
Cheesy Pull Aparts w/ Marinara Cup	303 40	32 7	Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	487	55	Macaroni & Cheese w/ WG Fish Bites & Roll	371	32	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50		
Baby Carrots w/Ranch	35/55	8/3	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		
			Celery Sticks w/ Ranch	4/55	1/3											
			Roasted Chickpeas	180	27											

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		
09/18			09/19			09/20			09/21			09/22		
Teriyaki Beef Bites~ w/ Veg Rice & Roll <i>OR</i>	459	73	Mini Chicken Soft Tacos w/ Seasoned Potatoes & Mini Flatbreads <i>OR</i>	278	31	Turkey Frank+ on a Bun w/ Ranchero Beans <i>OR</i>	445	56	Chik'n WG Nuggets ^v w/ Corn & Green Beans & Roll <i>OR</i>	363	47	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Chicken Patty WG Sandwich	342	36	Meatball Sub~ w/ Crinkle Cut Potatoes	488	57	Belgian Waffle & Yogurt	200	35	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	12	Spinach, Romaine & Craisin Salad w/Dressing	64	12	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			
09/25			09/26			09/27			09/28			09/29		
<div data-bbox="58 787 361 852" data-label="Text"> <p>No School Day </p> </div>			Chicken WG Bites w/ Ranchero Beans & Roll <i>OR</i>	479	58	Pancakes & Syrup w/ Yogurt & Cheese Stick <i>OR</i>	210/240	35/62	Crunchy Beef Taco~ w/ Corn & Green Beans & WG Scoops <i>OR</i>	264	38	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
			Cheesy Pulls Apart w/ Marinara Sauce	303	32	Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	487	55	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50	Turkey Ham+ & Cheese Croissant Sandwich	348	32
			Crinkle Cut Potatoes	99	15	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	Roasted Chickpeas	180	27	Hummus Cup	110	18

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

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.