

ELEMENTARY SCHOOL MENU

DECEMBER 2023

BREAKFAST ITEMS

	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	31	Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
12/04			12/05			12/06			12/07			12/08		
Hamburger on Bun~ w/ Crinkle Cut Potatoes OR	404	42	BBQ Pulled Chicken Sandwich w/Corn OR	359	58	Chicken WG Bites w/ Macaroni & Cheese OR	482	35	Crunchy Beef Taco~ w/ Green Beans & Scoops OR	238	31	Pizza, Cheese^ or Pepperoni+~ OR	320/330	31
Chicken WG Bites w/ Seasoned Potatoes & Roll OR	356	38	Cheesy French Bread^ Marinara Cup	383	29	Pancakes & Syrup w/Yogurt^ & Cheese^ Stick	210/240	35/62	Grilled Cheese WG Sandwich	280	31	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Fruit & Yogurt Parfait^ w/WG Granola	220	47												
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									
12/11			12/12			12/13			12/14			12/15		
Chicken Walking Taco w/ Corn & Walking Taco Corn Chips OR	206	23	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll OR	379	58	Turkey Frank on Bun w/ Seasoned Potatoes & Roll OR	380	52	Cheese Lasagna & Marinara Sauce w/Green Beans & Roll OR	295	47	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Veggie Burger w/ Crinkle Cut Potatoes	379	50	Grilled Cheese WG Sandwich	280	31	Belgian Waffle w/ Syrup * & Yogurt^	200/120	35/31	Chik'n WG Nuggets^ w/ Green Beans & Roll	80	15	Turkey & Gravy w/ Mashed Potatoes & Roll	220	20
Crinkle Cut Potatoes	99	15	Baby Carrots w/Ranch	35/55	8/3	Spinach, Romaine & Craisin Salad w/Dressing	64	12	Spinach, Romaine & Craisin Salad w/Dressing	64	12	Assorted Fresh Veggies w/ Ranch	80	15
Grape Tomatoes w/ Ranch	18/55	4/3	Roasted Chickpeas	180	27	Grape Tomatoes w/ Ranch	136	13	Celery Sticks w/ Ranch	136	13		14/55	3/3
							18/55	4/3		4/55	1/3			
12/18			12/19			12/20			12/21			12/22		
Hamburger on Bun~ w/ Crinkle Cut Potatoes OR	404	42	Cheese Crunchers^ w/ Marinara Sauce OR	487	55	Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick OR	210/240	36/52	Crunchy Beef Taco~ w/ Corn & Green Beans & Scoops OR	264	38	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Chicken WG Bites w/ Seasoned Potatoes & Roll OR	356	38	Chicken Patty WG Sandwich	342	36	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll	379	58	Veggie Burger w/ Crinkle Cut Potatoes	379	50	Turkey Ham & Cheese Croissant Sandwich	348	31
Fruit & Yogurt Parfait^ w/WG Granola	220	47												
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	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Baby Carrots w/Ranch	35/55	8/3	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 ^Vegan ^ Meatless WG = Whole Grain

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01/01	01/02	01/03	01/04	01/05
<h1 style="color: #1a3d54;">HOLIDAY New Years Day</h1>	<h1 style="color: #1a3d54;">No School Day</h1> 	<p>Chik'n WG Nuggets^v w/ Green Beans & Roll OR</p> <p>Cheesy French Bread[^] Marinara Cup</p> <p>Baby Carrots w/Ranch</p> <p>Roasted Chickpeas</p>	<p>French Toast Sticks w/ Sausage* & Syrup OR</p> <p>Chicken Patty WG Sandwich OR</p> <p>Fruit & Yogurt Parfait[^] w/ WG Granola</p> <p>Celery Sticks w/ Ranch</p> <p>Grape Tomatoes w/ Ranch</p>	<p>Pizza, Cheese or Pepperoni+~ OR</p> <p>Three Bean Chili^v w/ Corn & WG Scoops</p> <p>Assorted Fresh Veggies w/ Ranch</p>
		355 46 383 29 40 7 35/55 8/3 180 27	462 22 240 62 342 36 220 47 218 47 4/55 1/3 18/55 4/3	320/330 31 277 52 14/55 3/3

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.

