# Elementary School Menu

## Breakfast Items Offered Every Day

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories (Cal)</th>
<th>Carbohydrates (Carb)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belgian Waffle w/ Syrup</td>
<td>200</td>
<td>35</td>
</tr>
<tr>
<td>Mini Pancakes w/ Syrup</td>
<td>210</td>
<td>35</td>
</tr>
<tr>
<td>Chicken Biscuit WG Sandwich</td>
<td>250</td>
<td>31</td>
</tr>
<tr>
<td>Turkey Ham &amp; Cheese Sandwich</td>
<td>270</td>
<td>30</td>
</tr>
<tr>
<td>Maryland Made Cinnamon Roll</td>
<td>232</td>
<td>38</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>4</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>35</td>
<td>3</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>4</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>35</td>
<td>3</td>
</tr>
</tbody>
</table>

## Lunch Menu

### Monday
- Chik'n WG Nuggets w/ Green Beans & Roll
- Cheesy French Bread Marinara Cup
- Baby Carrots w/ Ranch
- Crinkle Cut Potatoes

### Tuesday
- Chik'n WG Nuggets w/ Corn & Roll
- Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
- Macaroni & Cheese w/ Fish Bites
- Grape Tomatoes w/ Ranch
- Roasted Chicken

### Wednesday
- French Toast Sticks w/ Sausage & Syrup
- Veggie Burger on Bun w/ Crinkle Cut Potatoes
- Spinach, Romaine & Craisin Salad w/ Dressing
- Hummus Cup

### Thursday
- BBQ Pulled Chicken w/ Corn & Cheese Stick
- Meatball Sub w/ Seasoned Potatoes
- Tossed Salad w/ Ranch

### Friday
- Hamburger on Bun w/ Crinkle Cut Potatoes
- BBQ Pulled Chicken w/ Corn & Cheese Stick
- Meatball Sub w/ Seasoned Potatoes
- Tossed Salad w/ Ranch

### No School Day

### 02/05
- Chicken WG Bites w/ Red Rosemary Potatoes & Roll
- Pancreas & Syrup w/ Yogurt & Cheese Stick
- Celery Sticks w/ Ranch
- Roasted Chicken

### 02/06
- Fruit & Yogurt Parfait w/ Granola
- Crinkle Cut Potatoes
- Baby Carrots w/ Ranch

### 02/07
- Teriyaki Beef Bites w/ WG Veg Rice & Roll
- Penne Pasta w/ Meat Sauce & Roll
- Belgian Waffle w/ Syrup & Yogurt
- Spinach, Romaine & Craisin Salad w/ Dressing
- Fruit Sorbet

### 02/08
- Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
- Spinach, Romaine & Craisin Salad w/ Dressing

### 02/09
- Chicken WG Nuggets w/ Macaroni & Cheese & Roll
- French Toast Sticks w/ Sausage & Syrup
- Veggie Burger on Bun w/ Crinkle Cut Potatoes
- Spinach, Romaine & Craisin Salad w/ Dressing

### 02/12
- Hamburger on Bun w/ Crinkle Cut Potatoes
- BBQ Pulled Chicken w/ Corn & Cheese Stick
- Meatball Sub w/ Seasoned Potatoes
- Tossed Salad w/ Ranch

### 02/13
- Teriyaki Beef Bites w/ WG Veg Rice & Roll
- Penne Pasta w/ Meat Sauce & Roll
- Belgian Waffle w/ Syrup & Yogurt

### 02/14
- Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
- Spinach, Romaine & Craisin Salad w/ Dressing
- Fruit Sorbet

### 02/15
- Cheese Lasagna Marinara w/ Green Beans & Roll
- Spinach, Romaine & Craisin Salad w/ Dressing

### 02/16
- Chicken WG Nuggets w/ Seasoned Potatoes & Roll
- Turkey & Gravy w/ Sweet Potatoes & Green Beans & Roll

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This institution is an equal opportunity provider.
**Lunch**

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<tbody>
<tr>
<td><strong>Monday</strong></td>
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<td><strong>Thursday</strong></td>
<td><strong>Friday</strong></td>
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<tr>
<td>02/19</td>
<td>02/20</td>
<td>02/21</td>
<td>02/22</td>
<td>02/23</td>
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<tr>
<td>President’s Day Holiday</td>
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- **02/19**
  - Hamburger on Bun~ w/ Crinkle Cut Potatoes
  - Crispy Crunchers w/ Marinara Sauce ~
  - 404 54

- **02/20**
  - Chicken Wg Bites w/ Seasoned Potatoes & Roll
  - Chicken Enchilada Empanada
  - 356 36

- **02/21**
  - 485

- **02/22**
  - Crunchy Beef Taco w/ Corn & Edamame & Scoops Salsa ~
  - 184 23

- **02/23**
  - Pizza, Cheese or Pepperoni ~
  - 320/330 31

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

**Daily Alternatives/Nutrition Information**

- Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, waffle & yogurt, 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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**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.**

**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](http://MySchoolBucks.com) to register.