

ELEMENTARY SCHOOL MENU										FEBRUARY 2024									
BREAKFAST ITEMS OFFERED EVERYDAY																			
CAL CARB				CAL CARB				CAL CARB				CAL CARB							
Belgian Waffle w/ Syrup Apple Juice		200 120 60	35 31 4	Mini Pancakes w/Syrup Orange Juice		210 120 35	35 3 9	Chicken Biscuit WG Sandwich Apple Juice		250 60	31 14	Turkey Ham+ & Cheese Breakfast Sandwich Orange Juice		270 35	30 9	Maryland Made Cinnamon Roll Apple Juice		232 60	38 14
LUNCH																			
MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
01/29				01/30				01/31				02/01				02/02			
No School Day				Chik'n WG Nuggets ^v w/ Green Beans & Roll <i>OR</i>		355	46	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips <i>OR</i>		206	23	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>		462	22	Pizza, Cheese or Pepperoni+~ <i>OR</i>		320/330	31
				Cheesy French Bread^ Marinara Cup		383 40	29 7	Macaroni & Cheese w/ Fish Bites		346	29	Veggie Burger ^v on Bun w/ Crinkle Cut Potatoes		379	50	Turkey Ham & Cheese Croissant Sandwich		348	32
				Baby Carrots w/Ranch		35/55	8/3	Grape Tomatoes w/ Ranch		18/55	4/3	Spinach, Romaine & Craisin Salad w/Dressing		64 136	12 13	Spinach, Romaine & Craisin Salad w/Dressing		64 136	12 13
				Crinkle Cut Potatoes		99	15	Roasted Chickpeas		180	27	Hummus Cup		110	18	Hummus Cup		110	18
02/05				02/06				02/07				02/08				02/09			
Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>		404	42	BBQ Pulled Chicken Sandwich w/Corn <i>OR</i>		359	58	Chik'n WG Nuggets ^v w/ Macaroni & Cheese & Roll <i>OR</i>		513 80	46 15	Crunchy Beef Taco w/ Corn & Edamame & Scoops Salsa <i>OR</i>		184 110 45	23 19 8	Pizza, Cheese or Pepperoni+~ <i>OR</i>		320/330	31
Chicken WG Bites w/ Red Rosemary Potatoes & Roll <i>OR</i>		316 80	32 15	Pancakes & Syrup w/ Yogurt & Cheese Stick		210/240 80/59	36/62 15/1	Meatball Sub~ w/ Seasoned Potatoes		477	55	Grilled Cheese^ WG Sandwich		280	31	Sliced Buffalo Chicken & Cheese Croissant Sandwich		314	31
Fruit & Yogurt Parfait ^ w/ Granola Crinkle Cut Potatoes Baby Carrots w/Ranch		220 218 99 35/55	47 47 8/3	Celery Sticks w/ Ranch Roasted Chickpeas		4/55 180	1/3 27	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
02/12				02/13				02/14				02/15				02/16			
Chicken WG Nuggets w/ Corn & Roll <i>OR</i>		295 80	29 15	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll <i>OR</i>		379 80	58 15	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips <i>OR</i>		206 240	23 24	Cheese Lasagna Marinara^ w/ Green Beans & Roll <i>OR</i>		295 80	47 15	Pizza, Cheese or Pepperoni+~ <i>OR</i>		320/330	31
Veggie Burger ^v on Bun w/ Crinkle Cut Potatoes		379	50	Penne Pasta~ w/Meat Sauce & Roll <i>OR</i>		314 80	57 15	Belgian Waffle w/ Syrup & Yogurt^		200/120 180	35/31 38	Chik'n WG Nuggets ^v w/ Seasoned Potatoes & Roll		387 80	49 15	Turkey & Gravy w/ Sweet Potatoes & Green Beans & Roll		221 80	21 15
Baby Carrots w/Ranch		35/55		Fruit & Yogurt Parfait ^ w/ Granola		220 218	47 47	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
Crinkle Cut Potatoes		99	8/3	Grape Tomatoes w/ Ranch		18/55	4/3	Hummus Cup		110	18	Hummus Cup		110	18				
			15	Celery Sticks w/ Ranch		4/55		Fruit Sorbet		77	20								
This institution is an equal opportunity provider.																Montgomery County Public Schools Division of Food and Nutrition Services			

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02/19	02/20	02/21	02/22	02/23
President's Day Holiday	Hamburger on Bun~ w/ Crinkle Cut Potatoes OR	Cheesy Crunchers w/ Marinara Sauce OR	Crunchy Beef Taco w/ Corn & Edamame & Scoops Salsa OR	Pizza, Cheese or Pepperoni+~ OR
	Chicken WG Bites w/ Seasoned Potatoes & Roll OR	Chicken Enchilada Empanada	Grilled Cheese^ WG Sandwich	Sliced Buffalo Chicken & Cheese Croissant Sandwich
	Fruit & Yogurt Parfait ^ w/ Granola	Celery Sticks w/ Ranch	Tossed Salad w/ Ranch	Assorted Fresh Veggies w/ Ranch
	Crinkle Cut Potatoes	Roasted Chickpeas		
	Baby Carrots w/ Ranch			
02/26	02/27	02/28	02/29	03/01
Hamburger on Bun~ w/ Crinkle Cut Potatoes OR	French Toast Sticks w/ Sausage* & Syrup OR	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll OR	Chicken WG Nuggets w/ Cheesy Spinach & Roll OR	Pizza, Cheese or Pepperoni+~ OR
Turkey Sausage & Cheese Egg Bites w/Seasoned Potatoes & Belgian WG Waffle OR	Grilled Cheese^ WG Sandwich	Chik'n Parmesan^ w/ Penne Pasta & Roll	Three Bean Chili w/ Corn ^ & Scoops	Turkey & Cheese Croissant Sandwich
Yogurt & Granola	Celery Sticks w/ Ranch	Tossed Salad w/ Ranch	Tossed Salad w/ Ranch	Assorted Fresh Veggies w/ Ranch
Crinkle Cut Potatoes	Roasted Chickpeas			
Baby Carrots w/ Ranch				
Salsa Cup				
Assorted fruit and milk are available at every meal.	Assorted fruit: Calories 20–127; Carbs 7–33	Milk: Calories 90–120; Carbs 12–20		

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.

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** 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.