

PRE-K HEAD START SCHOOL MENU

FEBRUARY 2024

BREAKFAST ITEMS OFFERED EVERYDAY

	CAL CARB			CAL CARB			CAL CARB			CAL CARB				
Belgian Waffle w/ Syrup	200	35	Mini Pancakes w/Syrup	200	35	Chicken Biscuit WG Sandwich	250	31	Turkey Ham+ & Cheese on a Hawaiian Bun	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	4	Orange Juice	35	9	Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14
												Cheese Stick	59	1

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	355 46	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206 23 240 24	Veggie Burger ^v w/ Crinkle Cut Potatoes	379 50	Cheese Pizza Spinach Romaine and Craisin Salad w/ Spinach Dressing	320/330 31 64 12 136 13	
02/05	02/06	02/07	02/08	02/09					
Hamburger ~on Bun w/ Crinkle Cut Potatoes	404 42	BBQ Pulled Chicken Sandwich w/ Corn	359 58	Chik'n Nuggets ^v w/ Macaroni & Cheese Tossed Salad w/ Ranch	513 46 20/55 4/3	Crunchy Beef Taco~ w/ Corn & Edamame & Scoopss	184 23 110 19	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 31 14/55 3/3
02/12	02/13	02/14	02/15	02/16					
Chicken WG Nuggets w/ Corn & WG Dinner Roll	295 29 80 15	Protein Packed Pasta ^v Baby Carrots w/Ranch	239 40 35/55 8/3	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206 23 240 24	Chik'n Nuggets ^v w/ Seasoned Potatoes & Roll	387 49 80 15	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 31 14/55 3/3
02/19	02/20	02/21	02/22	02/23					
President's Day Holiday	Hamburger ~on Bun w/ Crinkle Cut Potatoes	404 42	Cheese Crunchers [^] w/ Marinara Sauce	485 54	Crunchy Beef Taco~ w/ Corn & Edamame & Scoopss	184 23 110 19	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 31 14/55 3/3	
02/26	02/27	02/28	02/29	03/01					
Hamburger ~on Bun w/ Crinkle Cut Potatoes	404 42	Grilled Cheese WG Sandwich [^] Celery Sticks w/ Ranch	280 31 4/55 1/3	Teriyaki Beef Bites~ w/ WG Veg Rice Baby Carrots w/Ranch	379 58 240 24 35/55 8/3	Chicken WG Nuggets w/ Cheesy Spinach Tossed Salad w/ Ranch	379 25 20/55 4/3	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 31 14/55 3/3

Assorted fruit and milk are available at every meal.
Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 13–20

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.

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan WG = Whole Grain

- 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



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services