

PRE-K HEAD START SCHOOL MENU

JANUARY 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	200 120 35	35 31 9	Chicken Biscuit WG Sandwich Apple Juice	250 60	31 14	Turkey Ham+ & Cheese on a Hawaiian Bun Orange Juice	270 35	30 9	Maryland Made Cinnamon Roll Cheese Stick Apple Juice	232 59 60	38 1 14

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01/01	01/02	01/03	01/04	01/05
Holiday New Year's Day	No School Day	Chik'n WG Nuggetsv w/ Green Beans & Roll	Chicken Patty WG Sandwich Celery Sticks w/ Ranch	Cheese Pizza Assorted Fresh Veggies w/ Ranch
01/08	01/09	01/10	01/11	01/12
Hamburger ~on Bun w/ Crinkle Cut Potatoes	BBQ Pulled Chicken Sandwich w/ Corn	Chicken WG Nuggets w/ Macaroni & Cheese Tossed Salad w/ Ranch	Crunchy Beef Taco~ w/ Green Beans & Scoops	Cheese Pizza Assorted Fresh Veggies w/ Ranch
01/15	01/16	01/17	01/18	01/19
Holiday	Teriyaki Beef Bites~ w/ WG Veg Rice Grape Tomatoes w/Ranch	Belgian Waffle w/ Syrup & Yogurt^ Baby Carrots w/Ranch	Chik'n WG Nuggetsv w/ Corn & Green Beans & Roll	Cheese Pizza Assorted Fresh Veggies w/ Ranch
01/22	01/23	01/24	01/25	01/26
Hamburger on Bun w/ Crinkle Cut Potatoes	Cheese Crunchers^ w/ Marinara Sauce	Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick Tossed Salad w/ Ranch	Crunchy Beef Taco w/ Corn & Green Beans & Scoops	Cheese Pizza Assorted Fresh Veggies w/ Ranch
01/29	01/30	01/31	02/02	02/02
No School Day	Chik'n WG Nuggetsv w/ Green Beans & Roll	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	Veggie Burger' w/ Crinkle Cut Potatoes	Cheese Pizza Spinach Romaine and Craisin Salad w/ Spinach Dressing

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 ^Vegan 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