

ELEMENTARY SCHOOL MENU

JUNE 2024

BREAKFAST ITEMS OFFERED EVERYDAY

| | 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 | 60 | 4 | Orange Juice | 35 | 9 | Apple Juice | 60 | 14 | Orange Juice | 35 | 9 | Apple Juice | 60 | 14 |

LUNCH

| MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | |
|---|---------|-------|---|---------|-------|---|-------|-----|--|---------|-----|--|---------|-----|
| 06/03 | | | 06/04 | | | 06/05 | | | 06/06 | | | 06/07 | | |
| BBQ Chicken Sandwich w/ Corn <i>OR</i> | 372 | 58 | Chicken Bites & Orange Sauce w/ Veg Rice <i>OR</i> | 290 | 46 | Chik'n Nuggets w/ Cheesy Spinach & Roll <i>OR</i> | 386 | 33 | Crunchy Beef Taco w/ Corn & Edamame w/ Scoops <i>OR</i> | 184 | 23 | Pizza, Cheese or Pepperoni+~ <i>OR</i> | 320/330 | 31 |
| Turkey Sausage+ & Cheese Egg Bites w/ Seasoned Potatoes | 379 | 30 | Pancakes w/ Syrup Yogurt^ & Cheese Stick^ | 210/240 | 36/62 | Chicken Patty WG Sandwich | 342 | 36 | Veggie Burger^ on Bun w/ Crinkle Cut Potatoes | 379 | 50 | Sliced Buffalo Chicken & Cheese Croissant Sandwich | 314 | 31 |
| Belgian Waffle <i>OR</i> | 240 | 34 | 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 |
| Fruit & Yogurt^ Parfait w/ WG Granola | 220 | 47 | Roasted Chickpeas | 180 | 27 | | | | | | | | | |
| Crinkle Cut Potatoes | 99 | 15 | | | | | | | | | | | | |
| Baby Carrots w/Ranch | 35/55 | 8/3 | | | | | | | | | | | | |
| 06/10 | | | 06/11 | | | 06/12 | | | 06/13 | | | | | |
| Hamburger on Bun w/ Green Beans & Corn <i>OR</i> | 336 | 35 | Chik'n WG Nuggets^ w/ Seasoned Potatoes Roll <i>OR</i> | 387 | 49 | Grilled Cheese WG Sandwich w/ Marinara Cup <i>OR</i> | 280 | 31 | Pizza, Cheese or Pepperoni+~ <i>OR</i> | 320/330 | 31 | | | |
| Yogurt & Granola | 180/220 | 38/47 | Chicken Enchilada Empanada | 299 | 36 | Manager's Choice | | | Manager's Choice | | | | | |
| Assorted Vegetables | | | Assorted Vegetables | | | Assorted Vegetables | | | Assorted Vegetables | | | | | |

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

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

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

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.

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.

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.