

PRE-K HEAD START SCHOOL MENU

JUNE 2024

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle	200	35	Mini Pancakes	200	35	Chicken Biscuit WG Sandwich	250	31	Turkey Ham+ & Cheese on a Hawaiian Bun	270	30	Maryland Made Cinnamon Roll	232	38
w/ Syrup	120	31	w/Syrup	120	31	Apple Juice	60	14	Orange Juice	35	9	Cheese Stick	59	1
Apple Juice	60	4	Orange Juice	35	9							Apple Juice	60	14

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
06/03		06/04		06/05		06/06		06/07						
Turkey Sausage+ & Cheese Egg Bites	379	30	Chicken Bites & Orange Sauce w/ Veg Rice	290	46	Chik'n Nuggets ^v w/ Cheesy Spinach & Roll	386	33	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops	184	23	Cheese Pizza	320/330	31
w/ Seasoned Potatoes						80	15		110	19				
Belgian Waffle	240	34	Celery Sticks w/ Ranch	4/55	1/3	Baby Carrots w/Ranch	35/55	8/3				Assorted Fresh Veggies w/ Ranch	14/55	3/3
06/10		06/11		06/12		06/13								
Hamburger on Bun w/ Green Beans & Corn	336	35	Chik'n WG Nuggets ^v w/ Seasoned Potatoes	387	49	Grilled Cheese WG Sandwich	280	31	Cheese Pizza	320/330	31			
			Roll	80	15	w/ Marinara Cup	40	7	Assorted Fresh Veggies w/ Ranch	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



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