# Elementary School Menu

## May 2024

### Breakfast Items Offered Everyday

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belgian Waffle w/ Syrup</td>
<td>200</td>
<td>35</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>120</td>
<td>3</td>
</tr>
<tr>
<td>Mini Pancakes w/ Syrup</td>
<td>210</td>
<td>35</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>35</td>
<td>3</td>
</tr>
<tr>
<td>Chicken Biscuit WG Sandwich</td>
<td>250</td>
<td>3</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>14</td>
</tr>
<tr>
<td>Turkey Ham &amp; Cheese</td>
<td>270</td>
<td>30</td>
</tr>
<tr>
<td>Breakfast Sandwich</td>
<td>35</td>
<td>9</td>
</tr>
<tr>
<td>Maryland Made Cinnamon Roll</td>
<td>232</td>
<td>38</td>
</tr>
</tbody>
</table>

### Lunch

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>04/29</td>
<td>04/30</td>
<td>05/01</td>
<td>05/02</td>
<td>05/03</td>
</tr>
<tr>
<td>Turkey &amp; Gravy w/ Sweet Potatoes, Corn &amp; Green Beans Dinner Roll Grilled Cheese w/ WG Sandwich</td>
<td>229</td>
<td>206</td>
<td>462</td>
<td>379</td>
<td>320/330</td>
</tr>
<tr>
<td></td>
<td>80</td>
<td>240</td>
<td>240</td>
<td>80</td>
<td>31</td>
</tr>
<tr>
<td>Fruit &amp; Yogurt Parfait w/ WG Granola Crinkle Cut Potatoes Baby Carrots w/Ranch</td>
<td>220</td>
<td>218</td>
<td>453</td>
<td>513</td>
<td>184</td>
</tr>
<tr>
<td></td>
<td>22</td>
<td>47</td>
<td>58</td>
<td>80</td>
<td>31</td>
</tr>
<tr>
<td>BBQ Pulled Chicken Sandwich w/ Corn BBQ Pulled Chicken Sandwich</td>
<td>372</td>
<td>270/240</td>
<td>210</td>
<td>531</td>
<td>184</td>
</tr>
<tr>
<td></td>
<td>59</td>
<td>160/59</td>
<td>162/59</td>
<td>180</td>
<td>15</td>
</tr>
<tr>
<td>Fruit &amp; Yogurt Parfait w/ WG Granola Crinkle Cut Potatoes Baby Carrots w/Ranch</td>
<td>220</td>
<td>218</td>
<td>453</td>
<td>513</td>
<td>184</td>
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<tr>
<td></td>
<td>47</td>
<td>47</td>
<td>58</td>
<td>80</td>
<td>31</td>
</tr>
<tr>
<td>Hamburger on Bun w/ Bk Fv Potatoes Hamburger on Bun w/ Bk Fv Potatoes</td>
<td>415</td>
<td>206</td>
<td>206</td>
<td>206</td>
<td>320/330</td>
</tr>
<tr>
<td></td>
<td>45</td>
<td>23</td>
<td>23</td>
<td>23</td>
<td>31</td>
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<td>47</td>
<td>47</td>
<td>58</td>
<td>80</td>
<td>31</td>
</tr>
<tr>
<td>Baby Carrots w/Ranch</td>
<td>35/55</td>
<td>8/3</td>
<td>8/3</td>
<td>8/3</td>
<td>3/3</td>
</tr>
</tbody>
</table>

### Holiday

**Primary Election**

- Chicken Patty WG Sandwich
- Cheese Lasagna w/ Marinara Sauce & Roll
- BBQ Beef Sandwich w/ Green Beans
- Veggie Burger w/ Crinkle Cut Potatoes

- Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
- Roasted Chickpeas
- Grilled Cheese w/ WG Sandwich
- Spaghetti, Romaine & Craisin Salad w/Dressing

### Notes

- This institution is an equal opportunity provider.

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**Montgomery County Public Schools Division of Food and Nutrition Services**
### Monday

- **05/20**
  - Cheese Crunchers\(^\wedge\) w/ Marinara Sauce
  - Chicken Enchilada Empanada
  - Celery Sticks w/ Ranch
  - Baby Carrots w/ Ranch

- **05/21**
  - Hamburger on Bun~ w/ Crinkle Cut Potatoes
  - Chik’n Nuggets\(^\wedge\) w/ Crinkle Cut Potatoes & Roll
  - Grilled Cheese\(^\wedge\) WG Sandwich
  - Baby Carrots w/ Ranch

### Tuesday

- **05/21**
  - Hamburger on Bun~ w/ Crinkle Cut Potatoes
  - Chik’n Nuggets\(^\wedge\) w/ Crinkle Cut Potatoes & Roll
  - Grilled Cheese\(^\wedge\) WG Sandwich

### Wednesday

- **05/22**
  - Teriyaki Beef Bites w/ WG Veg Rice & Roll
  - Pancakes & Syrup w/ Yogurt\(^\wedge\) & Cheese\(^\wedge\) Stick
  - Tossed Salad w/ Ranch
  - Celery Sticks w/ Ranch

### Thursday

- **05/23**
  - Chicken WG Nuggets w/ Blueberry Bread
  - Three Bean Chili w/ Corn\(^\wedge\) & Scoops
  - Tossed Salad w/ Ranch

### Friday

- **05/24**
  - Pizza, Cheese or Pepperoni++~
  - Turkey Ham\(^+\) & Cheese Croissant Sandwich

### Holiday

- **05/27**
  - Turkey & Gravy w/ Sweet Potatoes, Corn & Green Beans
  - French Toast Sticks w/ Sausage\(^\wedge\) & Syrup
  - Chik’n Parmesan\(^\wedge\) w/ Penne Pasta & Roll

- **05/28**
  - Grilled Cheese\(^\wedge\) WG Sandwich
  - Roasted Chickpeas

- **05/29**
  - Chicken Walking Taco w/ Corn & Walking Taco Corn Chips
  - Veggie Burger\(^\wedge\) w/ Crinkle Cut Potatoes & Dressing
  - Spinach, Romaine & Craisin Salad w/Dressing
  - Hummus Cup

- **05/30**
  - Turkey & Cheese Croissant Sandwich
  - Spinach, Romaine & Craisin Salad

- **05/31**
  - Assorted Fresh Veggies w/ Ranch

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**HOLIDAY Memorial Day**

### DAILY ALTERNATIVES/NUTRITION INFORMATION

Other daily entree choices may include peanut butter and jelly sandwiches, 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.

### Additional Vegan/Vegetarian Options Include:

- Peanut butter & jelly sandwich
- Grilled cheese sandwich
- Waffle & yogurt
- Hummus
- Fruit & yogurt parfait

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**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.

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**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](http://MySchoolBucks.com) to register.

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**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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**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.**