

ELEMENTARY SCHOOL MENU

OCTOBER 2024

BREAKFAST

WEEK 1: Serving week of 10/7, 10/21

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle w/ Syrup	200/120	35/31	WG Bagel w/ cream cheese or jelly	259	44	4 French Toast Sticks w/ Syrup	272/120	35/31	Sm Fruit & Yogurt Parfait w/ granola	239	52	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14

WEEK 2: Serving week of 9/30, 10/14, 10/28

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Mini Pancakes w/Syrup	210/120	35/31	Mini Strawberry Bagel	240	41	Banana Bread	371	53	Turkey Ham+ & Cheese on a Hawaiian Bun	186	27	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14

LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MARYLAND HOMEGROWN SCHOOL LUNCH WEEK

9/30

10/01

10/02

10/03

10/04

Teriyaki Beef Bites w/ Veg Rice & Roll	373	56	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206	23	Chik'N Nuggets ^v w/ Mac & Cheese & Roll	513	36	NO SCHOOL DAY	Pizza, Cheese [^] or Pepperoni+~	320/330	31
OR	80	15	OR	240	24	OR	80	15		Three Bean Chili ^v w/ Corn & Scoops	166	36
4oz Yogurt Cheese Stick	140	16	Cheesy Pull Aparts [^] w/ Marinara Cup	303	32	Beef Crisp Ups w/ Salsa & Sour Cream	362	24		Spinach, Romaine & Craisin Salad w/ Dressing	64	12
French Toast Sticks w/ Cinnamon Spiced Apples w/ Syrup	284	46		40	7		25	5		Cauliflower Florets	12	3
Grape Tomatoes w/ Ranch	18/55	4/3	Baby Carrots w/Ranch	35/55	8/3	LOCAL Broccoli Florets	15	3		LOCAL Apples	95	25
Roasted Chickpeas	180	27	Crinkle Cut Potatoes	99	15	(8) Cucumber Slices	6	1				
LOCAL Sliced Apples	30	7	LOCAL Plums	30	8	Cantalope Cubes	27	7				

10/07

10/08

10/09

10/10

10/11

Hamburger w/ Crinkle Cut Potatoes	251	16	4 oz Yogurt [^] Cheese Stick [^] WG Mini Pancakes w/ Syrup	305	51	Cheese Crunchers w/ Marinara Sauce	485	54	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops	184	23	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR			OR			OR	110	19	OR		
BBQ Turkey Sandwich w/ corn	218	27	Chicken Enchilada Empanada	300	36	Korean Inspired Turkey Rice Bowl w/ BBQ sauce & Roll	320	45	Veggie Burger ^v w/ Sweet Potatoes	228	30	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Grape Tomatoes w/ Ranch	18/55	4/3	Baby Carrots w/Ranch	35/55	8/3	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
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									

10/14

10/15

10/16

10/17

10/18

Mini Chicken Bites w/ Seasoned Potatoes & Roll	389	40	French Toast Sticks w/ Sausage* & Syrup	591	26	Turkey Franks w/ Ranchero Beans	224	19	Pizza, Cheese or Pepperoni+~	320/330	31	PROFESSIONAL DAY NO SCHOOL DAY
OR	80	15	OR	240	62	OR			OR			
Cheesy Pull Aparts [^] w/ Marinara Cup	303	32	Teriyaki Beef Bites w/ Veg Rice & Roll	373	80	Chik'N WG Nuggets w/ Green Beans & Roll	277	31	Three Bean Chili ^v w/ Corn & Scoops	166	36	
	40	7		80	15		80	15		110	19	
Grape Tomatoes w/ Ranch	18/55	4/3	Baby Carrots w/Ranch	35/55	8/3	Fresh Broccoli	15	3	Mixed Bell Pepper Strips	11	3	
Crinkle Cut Potatoes	99	15	Hummus Cup	110	18	(8) Cucumber Slices	6	1	Hummus Cup	110	18	

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
10/21			10/22			10/23			10/24			10/25		
Hamburger w/ Crinkle Cut Potatoes <i>OR</i>	251	16	Chicken Patty WG Sandwich <i>OR</i>	342	36	Cheese Lasagna [^] & Marinara Sauce w/Roll <i>OR</i>	587	64	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops <i>OR</i>	184	23	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
BBQ Turkey Sandwich w/ corn	218	27	Turkey Sausage & Cheese Egg Bites w/ Seasoned Potatoes WG Belgian Waffle	379	31	Chicken Enchilada Empanada	300	36	Veggie Burger ^l w/ Sweet Potatoes	228	30	Turkey Ham & Cheese Croissant Sandwich	349	32
Baby Carrots w/Ranch	35/55	8/3	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
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									
10/28			10/29			10/30			10/31			11/01		
Teriyaki Beef Bites w/ Veg Rice & Roll <i>OR</i>	373	56	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips <i>OR</i>	206	23	Chik'n Nuggets ^l w/ Cheesy Spinach & Roll <i>OR</i>	378	33	Chicken WG Nuggets w/ Blueberry Bread <i>OR</i>	411	38	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
4oz Yogurt Cheese Stick	140	16	Cheesy Pull Aparts [^] w/ Marinara Cup	303	32	Beef Crisp Ups w/ Salsa & Sour Cream	362	24	Three Bean Chili ^l w/ Corn & Scoops	166	36	Turkey Ham & Cheese Croissant Sandwich	332	32
French Toast Sticks w/ Cinnamon Spiced Apples w/ Syrup	284	46		40	7		25	5		110	19			
Grape Tomatoes w/ Ranch	18/55	4/3	Baby Carrots w/Ranch	35/55	8/3	Spinach, Romaine & Craisin Salad w/ Dressing	64	12	Spinach, Romaine & Craisin Salad w/ Dressing	64	12	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Roasted Chickpeas	180	27	Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	4/55	1/3	(8) Cucumber Slices	6	1			

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.

This institution is an equal opportunity provider.
 Montgomery County Public Schools Division of Food and Nutrition Services

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

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.

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

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.

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.