

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

MENU

11.16.20

BREAKFAST

Cinnamon Roll^{^WG} 232 cal/38 carb ▪ **Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Pizza^{^WG} 310-349 cal/29-31 carb ▪ **Baby Carrots** 35 cal/8 carb
Applesauce Cup 50 cal/15 carb ▪ **Milk** 90-120 cal/13-20 carb

SUPPER

Turkey Ham⁺ + Cheese Sandwich^{WGIW} 227-280 cal/29 carb ▪ **Veggie Juice** 40 cal/10 carb
Mixed Fruit 68 cal/18 carb ▪ **Milk** 90-120 cal/13-20 carb

SNACK

Grahams^{^WG} 120 cal/21 carb ▪ **Capri Sun Juice** 80 cal/21 carb

Do you need food? Contact 311 and ask for the Food Access Call Center! Tell the operator the language you speak. You will receive a call back in the language of your choice. You will receive information about free meal and grocery delivery, SNAP (Food Stamps) and different local food providers in your community. No identifying information is needed.

Alternates (Vegetarian/Vegan): Peanut Butter Cups[®], WG Bagel, Veggie Juice, Craisins, Carrots and Milk

Food Allergy Awareness: Some of our food products may have come in contact with or contain dairy, eggs, fish, peanuts, shellfish, soy, tree nuts and wheat. Please check our website for nutrients and allergen information.

Menu Key:

⁻ Beef cal Calories IW Individually Wrapped [^] Meatless
[®] Peanuts * Pork ⁺ Poultry [^] Vegan WG Whole Grain

*Menu subject to change due to product supply. This institution is an equal opportunity provider.

Maryland's Largest School District

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MENU

11.17.20

BREAKFAST

Rice Krispies^{^WG} 100 cal/23 carb ▪ **Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Turkey⁺ + Cheese Sandwich^{WGIW} 236-270 cal/27-30 carb ▪ **Dried Fruit Mix** 120 cal/30 carb
Grape Tomatoes w/ Ranch 18/55 cal/4/13 carb ▪ **Milk** 90-120 cal/13-20 carb

SUPPER

Peanut Butter + Jelly Sandwich^{^PWG} 631 cal/64 carb ▪ **Fresh Fruit** 30-96 cal/7-26 carb
Celery w/ Ranch 3/55 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

SNACK

Cheese Stick[^] + Pretzel^{WGIW} 59/140 cal/1/30 carb

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MENU

11.18.20

BREAKFAST

Bagel^{WG} w/ Cream Cheese[^] 130/70 cal/25/2 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} 330/70 cal/30/26 carb

Fresh Fruit 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

SUPPER

Turkey⁺ + Cheese Sub^{WG} 270 cal/30 carb ▪ **Orange Juice** 60 cal/13 carb

Grape Tomatoes w/ Ranch 18/55 cal/4/13 carb ▪ **Milk** 90-120 cal/13-20 carb

SNACK

Grahams^{^WG} 120 cal/21 carb ▪ **Milk** 90-120 cal/13-20 carb

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MONTGOMERY COUNTY PUBLIC SCHOOLS

MENU

11.19.20

BREAKFAST

Egg + Cheese Wrap^{WG} 180 cal/14 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Turkey Hot Dog⁺ on Bun^{WG} w/ Ranchero Beans 302/31 carb

Strawberry Cup 90 cal/22 carb ▪ **Milk** 90-120 cal/13-20 carb

SUPPER

Yogurt[^] + Granola^{WG} 180/220 cal/38/47 carb ▪ **Veggie Juice** 40 cal/10 carb

Mixed Berry Cup 90 cal/20 carb ▪ **Milk** 90-120 cal/13-20 carb

SNACK

Cereal Bowl^{WG} 100 cal/23 carb ▪ **Milk** 90-120 cal/13-20 carb

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MENU

11.20.20

BREAKFAST

Pancakes^{^WG} 210-220 cal/25/2 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Cheese Crunchers^{^WG} w/ Broccoli 440 cal/45 carb

Fresh Fruit 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

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MENU

11.21.20

BREAKFAST

Raspberry Bar^{^WG} 231 cal/35 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Twin Mini Cheeseburgers^{~IWWG} 323 cal/36 carb

Celery w/ Peanut Butter Cup^P 3/200 cal/5/7 carb

Peaches 53 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

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Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

MENU

11.22.20

BREAKFAST

Cinnamon Chex^{^WG} 230 cal/45 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Protein Pack[^] 254 cal/26 carb

Mixed Berry Cup 90 cal/20 carb ▪ **Milk** 90-120 cal/13-20 carb

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