

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

MENU

11.23.20

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⁺ + Cheese Sandwich^{WG} 236-270 cal/29 carb ▪ **Veggie Juice** 40 cal/10 carb
Strawberry Cup 90 cal/22 carb ▪ **Milk** 90-120 cal/13-20 carb

SNACK

Snack Kit^{^WG} 200 cal/43 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

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

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

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MENU

11.24.20

BREAKFAST

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

LUNCH

Turkey Ham⁺ + Cheese Sandwich^{IWWG} 227-280 cal/29 carb ▪ **Veggie Juice** 40 cal/10 carb
Fresh Fruit 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

SUPPER

Cheese Sticks[^] + Pretzel^{WGIW} 118/140 cal/2/30 carb
Salsa Cup 25 cal/5 carb ▪ **Craisins** 110 cal/27 carb ▪ **Milk** 90-120 cal/13-20 carb

SNACK

Peanut Butter Cup^P 200 cal/7 carb ▪ **Grahams^{WG}** 120 cal/21 carb

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^P Peanuts * Pork ⁺ Poultry [^] Vegan ^{WG} Whole Grain

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11.25.20

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

**Turkey⁺ + Stuffing^{WG} + Mashed Potatoes + Green Beans w/
Cranberry Sauce** 426 cal/53 carb ▪ **Fruit Sorbet** 77 cal/21 carb ▪ **Milk** 90-120 cal/13-20 carb

SUPPER

Sausage[~] + Cheese Mini Bagel^{WG} 235 cal/26 carb ▪ **Applesauce Cup** 50 cal/15 carb

Veggie Juice 40 cal/10 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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11.27.20

BREAKFAST

Cinnamon Chex^{^WG} 230 cal/25 carb

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

LUNCH

Spicy Chicken Bites^{+WG} w/ Cheesy Spinach 338 cal/19 carb

Applesauce Cup 50 cal/15 carb ▪ **Milk** 90-120 cal/13-20 carb

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11.28.20

BREAKFAST

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

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

LUNCH

Turkey⁺ + Cheese Sandwich^{IWWG} 236-270 cal/27-30 carb

Salsa Cup 25 cal/5 carb

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

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11.29.20

BREAKFAST

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

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

LUNCH

Cheese Cavatappi^{^WG} 428 cal/36 carb

Marinara Cup 45 cal/7 carb ▪ **Craisins** 110 cal/27 carb ▪ **Milk** 90-120 cal/13-20 carb

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