

PRE-K/HEAD START MENU SEPTEMBER/OCTOBER 2022

BREAKFAST ITEMS OFFERED EVERYDAY

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
Belgian Waffle w/Syrup	360	65	Mini Pancakes w/Syrup	330	66	Egg & Cheese			Turkey Ham & Cheese		
Apple Juice	60	16	Orange Juice	60	13	English Muffin	200	24	Breakfast Sandwich	270	30
						Apple Juice	60	16	Orange Juice	60	13
									Cinnamon Roll	232	38
									Apple Juice	60	16

LUNCH

ASSORTED FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL: FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 NO SCHOOL CAL CARB	6 Chicken Nuggets w/Baked Fries & Roll 383 42 Baby Carrots w/Ranch 20/55 3/3 CAL CARB	7 Rotini w/Beef Sauce & Roll 433 46 Celery Sticks w/Ranch 3/55 0/3 CAL CARB	8 Taco w/Corn Edamame & Scoops 432 58 CAL CARB	9 Pizza, Cheese 320 36 Fresh Veggies w/Ranch 30/55 5/3 CAL CARB
12 Grilled Cheese Sandwich w/Baked Fries 366 44 CAL CARB	13 Chik'N Nuggets w/Ranchero Beans & Roll 453 63 CAL CARB	14 Mac & Cheese w/ Fish Bites 371 32 Tossed Salad w/Ranch 20/55 3/33 CAL CARB	15 Chicken Tacos w/Corn & Mini Flats 362 49 CAL CARB	16 Pizza, Cheese 320 36 Fresh Veggies w/Ranch 30/55 5/3 CAL CARB
19 Hamburger on Bun w/Baked Fries 415 45 CAL CARB	20 Teriyaki Meatballs w/ WG Veg Rice & Roll 421 63 Baby Carrots w/Ranch 20/55 3/3 CAL CARB	21 Chicken Nuggets w/Blueberry Bread 453 43 Tossed Salad w/Ranch 20/55 3/33 CAL CARB	22 Taco w/Corn Edamame & Scoops 432 58 CAL CARB	23 Pizza, Cheese 320 36 Fresh Veggies w/Ranch 30/55 5/3 CAL CARB
26 NO SCHOOL CAL CARB	27 Grilled Cheese Sandwich w/Baked Fries 366 44 CAL CARB	28 French Toast Sticks w/Sausage Links & Syrups 584 88 Grape Tomatoes w/Ranch 20/55 3/3 CAL CARB	29 Chik'N Nuggets w/Green Beans, Corn & Roll 382 52 Tossed Salad w/Ranch 20/55 3/33 CAL CARB	30 Pizza, Cheese 320 36 Fresh Veggies w/Ranch 30/55 5/3 CAL CARB
oct 3 Chicken Nuggets w/Baked Fries & Roll 383 4 2 CAL CARB	oct 4 Spaghetti & Meatballs w/Roll 432 58 Celery Sticks w/Ranch 3/55 0/3 CAL CARB	oct 5 NO SCHOOL CAL CARB	oct 6 Taco w/Corn Edamame & Scoops 432 58 CAL CARB	oct 7 Pizza, Cheese 320 36 Fresh Veggies w/Ranch 30/55 5/3 CAL CARB

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^Vegan

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** 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.

