

ELEMENTARY MENU AUGUST/SEPTEMBER 2022

BREAKFAST ITEMS OFFERED EVERY DAY

| | 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 | | |
| | | | | | | | | | | | Maryland Made | | |
| | | | | | | | | | | | Cinnamon Roll ^v | 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 | | |
|--|-------|------|--|-------|------|---|-------|------|---|-------|------|--|---------|------|
| AUG 29 | CAL | CARB | AUG 30 | CAL | CARB | AUG 31 | CAL | CARB | SEPT 1 | CAL | CARB | SEPT 2 | CAL | CARB |
| Hamburger on Bun w/Baked Fries | 415 | 45 | Meatball~ Sub w/Marinara Sauce | 348 | 42 | Mini Cheese Calzones w/Marinara | 369 | 43 | Chicken Drumstick w/Seasoned Potatoes & Roll | 410 | 45 | Pizza, Cheese or Pepperoni+~ | 320/330 | 31 |
| OR | | | OR | | | OR | | | OR | | | OR | | |
| Grilled Cheese Sandwich w/Baked Fries | 366 | 44 | Chicken Bites w/Roll and Cheesy Spinach | 389 | 35 | French Toast Sticks w/Sausage Links & Syrups | 584 | 88 | Chik'N Nuggets ^v w/Roll and Green Beans & Corn | 357 | 46 | Three Bean Chili ^v w/Scoops | 277 | 52 |
| Crinkle Cut Potatoes | 99 | 15 | Baby Carrots w/Ranch | 35/55 | 8/3 | Tossed Salad w/Ranch | 20/55 | 3/3 | Tossed Salad w/Ranch | 20/55 | 3/3 | Fresh Veggies w/Ranch | 30/55 | 8/3 |
| Grape Tomatoes w/Ranch | 20/55 | 3/3 | Roasted Chickpeas | 160 | 24 | | | | | | | | | |
| 5 | CAL | CARB | 6 | CAL | CARB | 7 | CAL | CARB | 8 | CAL | CARB | 9 | CAL | CARB |
| NO SCHOOL | | | Chicken Nuggets w/Baked Fries & Roll | 383 | 42 | Rotini w/Beef Sauce & Roll | 433 | 46 | Taco w/Corn Edamame & Scoops | 346 | 43 | Pizza, Cheese or Pepperoni+~ | 320/330 | 31 |
| | | | OR | | | OR | | | OR | | | OR | | |
| | | | Veggie Burger ^v on Bun w/Crinkle Cut Potatoes | 379 | 50 | Scrambled Eggs & Sausage w/Seasoned Potatoes & Waffle | 680 | 61 | Curry Chickpeas ^v w/WG Rice | 382 | 67 | Chicken Ham & Cheese on WG Croissant | 340 | 33 |
| | | | Crinkle Cut Potatoes | 99 | 15 | Celery Sticks w/Ranch | 3/55 | 0/3 | Tossed Salad w/Ranch | 30/55 | 8/3 | Fresh Veggies w/Ranch | 30/55 | 8/3 |
| | | | Baby Carrots w/Ranch | 35/55 | 8/3 | Roasted Chickpeas | 160 | 24 | | | | | | |
| 12 | CAL | CARB | 13 | CAL | CARB | 14 | CAL | CARB | 15 | CAL | CARB | 16 | CAL | CARB |
| Chicken Drumstick w/Seasoned Potatoes & Roll | 410 | 45 | Chik'N Nuggets ^v w/Ranchero Beans & Roll | 453 | 63 | Mac & Cheese w/Fish Bites | 371 | 32 | Chicken Tacos w/Corn & Mini Flats | 362 | 49 | Pizza, Cheese or Pepperoni+~ | 320/330 | 31 |
| OR | | | OR | | | OR | | | OR | | | OR | | |
| Grilled Cheese Sandwich w/Baked Fries | 366 | 44 | Chicken Patty on Bun | 379 | 50 | Mini Pancakes w/Yogurt, | | | Cheese Crunchers w/Marinara Sauce | 487 | 55 | Three Bean Chili ^v w/Scoops | 277 | 52 |
| Crinkle Cut Potatoes | 99 | 15 | Baby Carrots w/Ranch | 35/55 | 8/3 | Cheese Stick & Syrups | 590 | 112 | Tossed Salad w/Ranch | 20/55 | 3/3 | Fresh Veggies w/Ranch | 30/55 | 8/3 |
| Grape Tomatoes w/Ranch | 20/55 | 3/3 | Roasted Chickpeas | 160 | 24 | Tossed Salad w/Ranch | 20/55 | 3/3 | | | | | | |

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

| 19 | CAL | CARB | 20 | CAL | CARB | 21 | CAL | CARB | 22 | CAL | CARB | 23 | CAL | CARB |
|---|-------|------|---|-------|------|---|-------|------|---|-------|------|---|---------|------|
| Hamburger on Bun w/Baked Fries | 415 | 45 | Belgian Waffle w/Yogurt & Syrup | 420 | 72 | Chicken Nuggets w/Blueberry Bread | 453 | 43 | Taco w/Corn Edamame & Scoops | 346 | 43 | Pizza, Cheese or Pepperoni+~ | 320/330 | 31 |
| OR | | | OR | | | OR | | | OR | | | OR | | |
| Chik'N Nuggets ^v w/Seasoned Potatoes & Roll | 418 | 59 | Teriyaki Meatballs w/WG Veg Rice & Roll | 421 | 63 | Cheesy Pull-Aparts w/Marinara Sauce | 343 | 39 | Curry Chickpeas ^v w/WG Rice | 382 | 67 | Chicken Ham & Cheese on WG Croissant | 340 | 33 |
| Crinkle Cut Potatoes | 99 | 15 | Celery Sticks w/Ranch | 3/55 | 0/3 | Tossed Salad w/Ranch | 20/55 | 3/33 | Tossed Salad w/Ranch | 30/55 | 8/3 | Fresh Veggies w/Ranch | 30/55 | 8/3 |
| Grape Tomatoes w/Ranch | 20/55 | 3/3 | Roasted Chickpeas | 160 | 24 | | | | | | | | | |
| 26 | CAL | CARB | 27 | CAL | CARB | 28 | CAL | CARB | 29 | CAL | CARB | 30 | CAL | CARB |
| NO SCHOOL | | | Chicken Drumstick w/ Seasoned Potatoes & Roll | 410 | 45 | Mini Cheese Calzones w/Marinara | 369 | 43 | Chicken Bites w/Roll and Cheesy Spinach | 389 | 35 | Pizza, Cheese or Pepperoni+~ | 320 | 36 |
| | | | OR | | | OR | | | OR | | | OR | | |
| | | | Grilled Cheese Sandwich w/Baked Fries | 366 | 44 | French Toast Sticks w/Sausage Links & Syrups | 584 | 88 | Chik'N Nuggets ^v w/Green Beans, Corn & Roll | 382 | 52 | Three Bean Chili ^v w/Scoops | 277 | 52 |
| | | | Crinkle Cut Potatoes | 99 | 15 | Grape Tomatoes w/Ranch | 20/55 | 3/3 | Tossed Salad w/Ranch | 20/55 | 3/33 | Fresh Veggies w/Ranch | 30/55 | 5/3 |
| | | | Baby Carrots w/Ranch | 35/55 | 8/3 | | | | | | | | | |
| | | | Roasted Chickpeas | 160 | 24 | | | | | | | | | |
| oct 3 | CAL | CARB | oct 4 | CAL | CARB | oct 5 | CAL | CARB | oct 6 | CAL | CARB | oct 7 | CAL | CARB |
| Chicken Nuggets w/Baked Fries & Roll | 383 | 42 | Spaghetti & Meatballs w/Roll | 432 | 58 | NO SCHOOL | | | Taco w/Corn Edamame & Scoops | 346 | 43 | Pizza, Cheese or Pepperoni+~ | 320/330 | 31 |
| OR | | | OR | | | | | | OR | | | OR | | |
| Veggie Burger ^v w/Crinkle Cut Potatoes | 379 | 50 | Scrambled Eggs & Sausage w/Seasoned Potatoes & Waffle | 680 | 61 | | | | Curry Chickpeas ^v w/WG Rice | 382 | 67 | Chicken Patty on Bun | 342 | 36 |
| Crinkle Cut Potatoes | 99 | 15 | Celery Sticks w/Ranch | 20/55 | 3/3 | | | | Tossed Salad w/Ranch | 30/55 | 8/3 | Fresh Veggies w/Ranch | 30/55 | 8/3 |
| Baby Carrots w/Ranch | 35/55 | 8/3 | Roasted Chickpeas | 160 | 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 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.