

ELEMENTARY MENU AUGUST/SEPTEMBER 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			Maryland Made		
Apple Juice	60	16	Orange Juice	60	13	English Muffin	200	24	Breakfast Sandwich	270	30	Cinnamon Roll ^v	232	38
						Apple Juice	60	16	Orange Juice	60	13	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 w/Roll and Green Beans & Corn	357	46	Three Bean Chili w/Scoops Fresh Veggies w/Ranch	277 30/55	52 8/3
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			
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 on Bun w/Crinkle Cut Potatoes	379	50	Scrambled Eggs & Sausage w/Seasoned Potatoes & Waffle	680	61	Curry Chickpeas w/WG Rice Tossed Salad w/Ranch	382 30/55	67 8/3	Chicken Ham & Cheese on WG Croissant	340	33
			Crinkle Cut Potatoes	99	15	Celery Sticks w/Ranch	3/55	0/3				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	Hot Dog* on Bun w/Ranchero Beans	383	42	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 w/Scoops Fresh Veggies w/Ranch	277 30/55	52 8/3
Crinkle Cut Potatoes	99	15	Baby Carrots w/Ranch	35/55	8/3	Cheese Stick & Syrups	590	112	w/Marinara Sauce					
Grape Tomatoes w/Ranch	20/55	3/3	Roasted Chickpeas	160	24	Tossed Salad w/Ranch	20/55	3/3	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 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 w/WG Rice Tossed Salad w/Ranch	382 30/55	67 8/3	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				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 w/Green Beans, Corn & Roll	382	52	Three Bean Chili 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 w/Crinkle Cut Potatoes	379	50	Scrambled Eggs & Sausage w/Seasoned Potatoes & Waffle	680	61				Curry Chickpeas w/WG Rice Tossed Salad w/Ranch	382 30/55	67 8/3	Chicken Patty on Bun	342	36
Crinkle Cut Potatoes	99	15	Celery Sticks w/Ranch	20/55	3/3							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.