BREAKFAST MENU

MONDAY	CAL	CARB	TUESDAY	CAL	CARB	WEDNESDAY	CAL	CARB	THURSDAY	CAL	CARB	FRIDAY	CAL	CARB
BREAKFAST BITES														
Belgian Waffle w/Syrups	480	96	Sausage Breakfast Sandwich	210	27	Egg & Cheese ***Maryland Made*** Croissant	275	30	Turkey Ham & Cheese Breakfast Sandwich	270	30	Egg & Cheese English Muffin	200	24
DAILY ALTERNATE CHOICES														
Egg & Turkey Sausage Bagel	180	23	Blueberry Chex Cereal	240	46	Yogurt & Oatmeal Breakfast Bar	220	38	French Toast Sticks w/Syrups	512	97	Mini Cinnamon Bagel	240	41
Egg & Cheese ***Maryland Made*** Croissant	275	30	Honey Cheerios Cereal	210	44	Fruit & Yogurt Parfait w/Granola	260	58	***Maryland Made*** Cinnamon Roll^{V}	232	28	Mini Strawberry Bagel	230	42
Maryland Meals for Achievement Breakfast														
Egg & Turkey Sausage Bagel	180	23	Mini Maple Pancakes w/Syrups	450	97	Egg & Cheese English Muffin	200	24	Belgian Waffle w/Syrups	480	96	***Maryland Made*** Cinnamon Roll^{V}	240	41
Honey Cheerios Cereal	210	44	Yogurt & Oatmeal Breakfast Bar	220	38	Mini Strawberry or Cinnamon Bagel	230	41	Yogurt w/Grahams	232	38	Blueberry Chex Cereal	240	46

Paid Meal Prices: Breakfast: $1.30 Lunch: $2.80
All meals are free for students who qualify for Free or Reduced priced meals.

Assorted fruit and milk are available at every meal.

Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

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

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services