

SEPTEMBER 2021 HEADSTART/PRE-K MENU

MONDAY 9/6/21		TUESDAY 9/7/21		WEDNESDAY 9/8/21		THURSDAY 9/9/21		FRIDAY 9/10/21	
BREAKFAST									
HOLIDAY		NO SCHOOL		Turkey Ham ⁺ + Cheese on Hawaiian Bun ^{WGIW} 186		Beef + Cheese Mini Bagel ^{WWG} 235		Cinnamon Roll ^{WGIW} 232	
				Apple Juice 60		Orange Juice 60		Apple Juice 60	
				Fruit 29-127		Fruit 29-127		Fruit 29-127	
				Milk 90-120		Milk 90-120		Milk 90-120	
LUNCH									
HOLIDAY		NO SCHOOL		Hot Dog ⁺ on Bun ^{WG} w/ Corn 317		Chicken Drumstick ^{+WG} w/ Seasoned Potatoes + Roll ^{WG} 400		Personal Pizza ^{WG} 330	
				Fruit 29-127		Fruit 29-127		Tossed Salad w/ Ranch 18/55	
				Milk 90-120		Milk 90-120		Fruit 29-127	
								Milk 90-120	
9/13/21		9/14/21		9/15/21		9/16/21		9/17/21	
Hamburger on Bun ^{-WG} w/ Crinkle Cut Potatoes 418		Pancakes ^{WG} + Yogurt + Cheese Stick 349		Cheese Crunchers ^{WG} w/ Marinara Sauce 487		NO SCHOOL		Stuffed Crust Pizza ^{WG} 320	
Fruit 29-127		Grape Tomatoes w/ Ranch 9/55		Fruit 29-127				Celery w/ Ranch 4/55	
Milk 90-120		Fruit 29-127		Milk 90-120		Fruit 29-127		Milk 90-120	
		Milk 90-120							

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.

SEPTEMBER 2021 HEADSTART/PRE-K MENU

MONDAY 9/20/21		TUESDAY 9/21/21		WEDNESDAY 9/22/21		THURSDAY 9/23/21		FRIDAY 9/24/21	
CAL		CAL		BREAKFAST		CAL		CAL	
Maple Beef Sausage~ Pancake Sandwich^{^WGIW}	143	Yogurt + Oatmeal Bar^{^WGIW}	220	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	186	Beef + Cheese Mini Bagel^{WWG~}	235	Cinnamon Roll^{^WGIW}	232
Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Apple Juice	60
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120
LUNCH									
Chicken Bites^{+WG} w/ Mac + Cheese + Roll^{WG}	546	Cheesesteak Potato Bowl^r w/ Seasoned Potatoes + Roll^{WG}	465	Hot Dog⁺ on Bun^{WG} w/ Rancho Beans	430	Mini Chicken Soft Tacos^{+WG} w/ Corn	365	Personal Pizza^{^WG}	330
Tossed Salad w/ Ranch	18/55	Fruit	29-127	Fruit	29-127	Fruit	29-127	Tossed Salad w/ Ranch	18/55
Fruit	29-127	Milk	90-120	Milk	90-120	Milk	90-120	Fruit	29-127
Milk	90-120							Milk	90-120
9/27/21		9/28/21		9/29/21		9/30/21		10/1/21	
Hamburger on Bun^{-WG} w/ Crinkle Cut Potatoes	418	Pancakes^{^WG} + Yogurt + Cheese Stick	349	Cheese Crunchers^{^WG} w/ Marinara Sauce	487	Taco[~] w/ Corn + Edamame Scoops^{WG}	184	Stuffed Crust Pizza^{^WG}	320
Fruit	29-127	Grape Tomatoes w/ Ranch	9/55	Fruit	29-127	Fruit	29-127	Tossed Salad w/ Ranch	18/55
Milk	90-120	Fruit	29-127	Milk	90-120	Milk	90-120	Fruit	29-127
		Milk	90-120					Milk	90-120

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Menu Key: ~ Beef Cal Calories ^W Individually Wrapped [^] Meatless ^P Peanuts ^{*} Pork ⁺ Poultry ^v Vegan ^{WG} = Whole Grain

Menu subject to change due to product supply.

This institution is an equal opportunity provider.