

# OCTOBER 2021

## PRE-K/HEADSTART MENU

	BREAKFAST		DAILY ALTERNATES	NUTRITION INFO
<p>For information on current hunger relief resources and emergency food providers in Montgomery County, visit the Montgomery County Food Council's Food Assistance Resource Directory at <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/foodassistance</a>.</p>	<b>M</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>~WGIW</sup></b> <b>235</b>	<p>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.</p> <p>Please check the website for menu changes in the event of a change to the school schedule.</p>	<p>Nutrition, allergen, and gluten free information is available on the web at <a href="http://www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/">www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/</a></p> <p>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.</p>
	<b>T</b>	<b>Yogurt + Oatmeal Bar<sup>^WGIW</sup></b> <b>220</b>		
	<b>W</b>	<b>Turkey Ham<sup>+</sup> + Cheese on Hawaiian Bun<sup>WG</sup></b> <b>186</b>		
	<b>TH</b>	<b>Beef Sausage Bagel<sup>~WGIW</sup></b> <b>235</b>		
	<b>F</b>	<b>Cinnamon Roll<sup>^WGIW</sup></b> <b>232</b>		
	<b>SERVED DAILY</b>			
		Assorted Fruit/Fruit Juice 29-127 Fat Free or 1% Milk 90-120		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu Key:</b> ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain				
LUNCH				
				<b>1</b> <b>Stuffed Crust Pizza<sup>^WG</sup></b> <b>320</b> <span style="float: right;">CAL</span> Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120
<b>4</b> <b>Chicken Bites<sup>+WG</sup> w/ Mac + Cheese + Roll<sup>WG</sup></b> <b>546</b> <span style="float: right;">CAL</span> Baby Carrots w/ Ranch 35/55 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>5</b> <b>Teriyaki Meatballs~ w/ Veggie Rice<sup>WG</sup> + Roll<sup>WG</sup></b> <b>370</b> <span style="float: right;">CAL</span> Fruit 29-127 Fat Free or 1% Milk 90-120	<b>6</b> <b>Hot Dog<sup>+</sup> on Bun<sup>WG</sup> w/ Corn</b> <b>317</b> <span style="float: right;">CAL</span> Fruit 29-127 Fat Free or 1% Milk 90-120	<b>7</b> <b>Chicken Drumstick<sup>+WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup></b> <b>400</b> <span style="float: right;">CAL</span> Fruit 29-127 Fat Free or 1% Milk 90-120	<b>8</b> <b>Cheese Personal Pizza<sup>^WG</sup></b> <b>330</b> <span style="float: right;">CAL</span> Celery w/ Ranch 3/55 Fruit 29-127 Fat Free or 1% Milk 90-120

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> <span style="float: right;">CAL</span> <b>Hamburger~ on Bun<sup>WG</sup></b> <b>w/ Crinkle Cut Potatoes 440</b> Fruit 29-127 Fat Free or 1% Milk 90-120	<b>12</b> <span style="float: right;">CAL</span> <b>Pancakes<sup>WG</sup> w/ Yogurt</b> <b>+ Cheesestick<sup>^</sup> 370</b> Grape Tomatoes w/ Ranch 9/55 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>13</b> <span style="float: right;">CAL</span> <b>Spaghetti + Meatballs~ + Roll<sup>WG</sup></b> <b>425/70</b> Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>14</b> <span style="float: right;">CAL</span> <b>Taco~ w/ Corn + Edamame</b> <b>+ Scoops<sup>WG</sup> 346</b> Salsa 25 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>15</b> <span style="float: right;">CAL</span> <b>Stuffed Crust Pizza<sup>^WG</sup> 320</b> Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120
<b>18</b> <span style="float: right;">CAL</span> <b>Chicken Nuggets<sup>+WG</sup> w/ Cheesy</b> <b>Spinach + Roll<sup>WG</sup> 401/70</b> Baby Carrots w/ Ranch 35/55 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>19</b> <span style="float: right;">CAL</span> <b>Cheese Crunchers<sup>WG</sup></b> <b>w/ Broccoli 440</b> Fruit 29-127 Fat Free or 1% Milk 90-120	<b>20</b> <span style="float: right;">CAL</span> <b>Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b> <b>w/ Baked Fries 422</b> Fruit 29-127 Fat Free or 1% Milk 90-120	<b>21</b> <span style="float: right;">CAL</span> <b>Mini Chicken Soft Tacos<sup>+WG</sup></b> <b>w/ Corn 205/160</b> Salsa 25 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>22</b> <span style="float: right;">CAL</span> <b>Cheese Personal Pizza<sup>^WG</sup> 330</b> Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120
<b>25</b> <span style="float: right;">CAL</span> <b>Hamburger~ on Bun<sup>WG</sup></b> <b>w/ Crinkle Cut Potatoes 440</b> Fruit 29-127 Fat Free or 1% Milk 90-120	<b>26</b> <span style="float: right;">CAL</span> <b>Pancakes<sup>WG</sup> w/ Yogurt</b> <b>+ Cheesestick<sup>^</sup> 370</b> Grape Tomatoes w/ Ranch 9/55 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>27</b> <span style="float: right;">CAL</span> <b>Cheese Crunchers<sup>^WG</sup></b> <b>w/ Marinara Sauce 336</b> Celery w/ Ranch 3/55 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>28</b> <span style="float: right;">CAL</span> <b>Taco~ w/ Corn + Edamame</b> <b>+ Scoops<sup>WG</sup> 346</b> Salsa 25 Fruit 29-127 Fat Free or 1% Milk 90-120	<b>29</b> <span style="float: right;">CAL</span> <b>Stuffed Crust Pizza<sup>^WG</sup> 320</b> Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120

