

OCTOBER 2021

PRE-K/HEADSTART MENU

MEAL PRICES		BREAKFAST		DAILY ALTERNATES	NUTRITION INFO
breakfast	daily	M	Maple Beef Sausage Pancake Sandwich^{~WGIW}	<i>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.</i> <i>Please check the website for menu changes in the event of a change to the school schedule.</i>	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.
paid	\$1.30	T	Yogurt + Oatmeal Bar^{^WGIW}		
reduced	\$.00	W	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WG}		
lunch	daily	TH	Beef Sausage Bagel^{~WGIW}		
paid	\$2.55	F	Cinnamon Roll^{^WGIW}		
reduced	\$.00	SERVED DAILY			
			Assorted Fruit/Fruit Juice	29-127	
			Fat Free or 1% Milk	90-120	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain

LUNCH

<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 https://mocofoodcouncil.org/foodassistance.</p>				1 Stuffed Crust Pizza^{^WG} CAL 320 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120
	4 Chicken Bites^{+WG} w/ Mac + Cheese + Roll^{WG} CAL 546 Baby Carrots w/ Ranch 35/55 Fruit 29-127 Fat Free or 1% Milk 90-120	5 Teriyaki Meatballs~ w/ Veggies Rice^{WG} + Roll^{WG} CAL 370 Fruit 29-127 Fat Free or 1% Milk 90-120	6 Hot Dog⁺ on Bun^{WG} w/ Corn CAL 317 Fruit 29-127 Fat Free or 1% Milk 90-120	7 Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} CAL 400 Fruit 29-127 Fat Free or 1% Milk 90-120

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

