

NOVEMBER 2021 ELEMENTARY MENU

DIVISION OF FOOD & NUTRITION SERVICES

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

BREAKFAST			DAILY ALTERNATES/NUTRITION INFORMATION						
M	Maple Beef Sausage Pancake Sandwich ^{-WGIW}	235	<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 www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/</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>						
T	Yogurt + Oatmeal Bar ^{^WGIW}	220							
W	Turkey Ham* + Cheese on Hawaiian Bun ^{WG}	186							
TH	Beef Sausage Bagel ^{-WGIW}	235							
F	Cinnamon Roll ^{^WGIW}	232							
SERVED DAILY									
Assorted Fruit/Fruit Juice		29-127							
Fat Free or 1% Milk		90-120							
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork 🌶️Spicy ^Vegan WG = Whole Grain									
LUNCH									
1	2	3	4	NO SCHOOL		5			
Chicken Bites ^{+WG} w/ Mac + Cheese + Roll ^{WG}	French Toast Sticks ^{WG} w/ Sausage [*]	Hot Dog ⁺ on Bun ^{WG} w/ Corn			Personal Pizza ^{WG} w/ Cheese or Pepperoni ^{~+}				
546	346	317			320-330				
OR	OR	OR			OR				
Teriyaki Meatballs [~] w/ Veggie Rice ^{WG} + Roll ^{WG}	Yogurt [^] w/ Granola ^{WG} + Strawberry Cup	Veggie Burger ^v on Bun ^{WG} w/ Crinkle Cut Potatoes			Spicy Chicken Patty ^{+WG} on Bun ^{WG}				
370	180/220/90	379			341				
Baby Carrots w/ Ranch	Roasted Chickpeas	Crinkle Cut Potatoes			Celery w/ Ranch				3/55
Grape Tomatoes w/ Ranch	Broccoli w/ Ranch	Spinach Craisin Salad			Assorted Vegetables w/ Ranch				20-25/55
Fruit	Fruit	Fruit			Fruit				29-127
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk			Fat Free or 1% Milk				90-120
8	9	10	11	12					
Hamburger [~] on Bun ^{WG} w/ Crinkle Cut Potatoes	Pancakes ^{WG} w/ Yogurt + Cheesestick [^]	Chicken Patty ^{+WG} on Bun ^{WG}	Taco [~] w/ Corn + Edamame + Scoops ^{WG}	Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ^{~+}					
440	370	341	346	320-365					
OR	OR	OR	OR	OR					
Chicken Drumstick ^{+WG} w/ Seasoned Potatoes + Roll ^{WG}	Pulled Turkey BBQ ⁺ w/ Cornbread Bowl ^{WG}	Grilled Cheese Sandwich ^{^WG} w/ Baked Fries	Chik'n Nuggets ^v w/ Corn + Roll ^{WG}	Potato Crisp Fish on Bun ^{^WG}					
400	360	394	265	360					
Crinkle Cut Potatoes	Grape Tomatoes w/ Ranch	Tossed Salad w/ Ranch	Salsa	Celery + Assorted Vegetables w/ Ranch					
Baby Carrots w/ Ranch	Roasted Chickpeas	Fruit	Tossed Salad w/ Ranch	w/ Ranch					
Fruit	Fruit	Fat Free or 1% Milk	Fruit	Fruit					
Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk	Fat Free or 1% Milk					

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 <small>CAL</small> Hot Dog⁺ on Bun^{WG} w/ Baked Fries 422 OR Veggie Burger^v on Bun^{WG} w/ Crinkle Cut Potatoes 379 Baby Carrots w/ Ranch 35/55 Fruit 29-127 Fat Free or 1% Milk 90-120	16 <small>CAL</small> French Toast Sticks^{WG} w/ Sausage[*] 346 OR Cheesy Pull Apart^{s^WG} w/ Marinara Cup 303/40 Grape Tomatoes w/ Ranch 9/55 Roasted Chickpeas 160 Fruit 29-127 Fat Free or 1% Milk 90-120	17 <small>CAL</small> Chicken Nuggets^{+WG} w/ Corn 265 OR Yogurt[^] w/ Granola^{WG} + Strawberry Cup 180/220/90 Tossed Salad w/ Ranch 18/55 Fruit 29-127 Fat Free or 1% Milk 90-120	18 THANKSGIVING MEAL <small>CAL</small> Roast Turkey + Gravy w/ Mashed Potatoes + Stuffing^{WG} + Roll^{WG} 305/70 Cranberry Sauce xx Tossed Salad w/ Ranch 18/55 Sorbet 72 Fruit 29-127 Fat Free or 1% Milk 90-120	19 <small>CAL</small> Personal Pizza^{WG} w/ Cheese or Pepperoni⁺⁺ 320-330 OR Spicy Chicken Patty⁺⁺ on Bun^{WG} 341 Cucumber Slices + Assorted Vegetables w/ Ranch 20/55 Fruit 29-127 Fat Free or 1% Milk 90-120
22 <small>CAL</small> Hamburger[~] on Bun^{WG} w/ Crinkle Cut Potatoes 440 OR Grilled Cheese Sandwich^{^WG} w/ Baked Fries 394 Crinkle Cut Potatoes 99 Grape Tomatoes w/ Ranch 9/55 Fruit 29-127 Fat Free or 1% Milk 90-120	23 <small>CAL</small> Chicken Patty^{+WG} on Bun^{WG} 341 OR Pancakes^{WG} w/ Yogurt + Cheesestick[^] 370 Celery w/ Ranch 3/55 Roasted Chickpeas 160 Fruit 29-127 Fat Free or 1% Milk 90-120	24 <small>CAL</small> Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺⁺ 320-365 OR Pulled Turkey BBQ⁺ w/ Cornbread Bowl^{WG} 360 Baby Carrots + Assorted Vegetables w/ Ranch 20-30/55 Fruit 29-127 Fat Free or 1% Milk 90-120	25 NO SCHOOL	26 NO SCHOOL
29 <small>CAL</small> Chicken Nuggets^{+WG} w/ Cheesy Spinach + Roll^{WG} 401/70 OR Teriyaki Meatballs[~] w/ Veggie Rice^{WG} + Roll^{WG} 370 Baby Carrots w/ Ranch 30/55 Broccoli w/ Ranch 15-55 Assorted Fruit 60-90 Fat Free or 1% Milk 80-120	30 <small>CAL</small> French Toast Sticks^{WG} w/ Sausage[*] 346 OR Cheesy Pull Apart^{s^WG} w/ Marinara Cup 303/40 Grape Tomatoes w/ Ranch 9/55 Roasted Chickpeas 160 Assorted Fruit 60-90 Fat Free or 1% Milk 90-120			

PARENT INFORMATION

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 recurring 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](https://myschoolbucks.com) to register.

RETURNED CHECKS ARE SUBJECT TO RECOVERY FOR THE FACE VALUE AND MARYLAND STATE ALLOWED FEE OF \$25.00 THROUGH AN ELECTRONIC DEBIT OR PAPER DRAFT TO THE SAME ACCOUNT. YOUR PAYMENT BY CHECK CONSTITUTES YOUR ACCEPTANCE OF THESE TERMS.

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>.

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