

NOVEMBER 2021

PRE-K/HEADSTART MENU

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 ^Vegan WG = Whole Grain									
LUNCH									
1	Chicken Bites^{+WG} w/ Mac + Cheese + Roll^{WG} 546	2	Yogurt[^] w/ Granola^{WG} + Strawberry Cup 180/220/90	3	Hot Dog⁺ on Bun^{WG} w/ Corn 317	4	NO SCHOOL	5	Cheese Personal Pizza^{^WG} 330
	Baby Carrots w/ Ranch 35/55 Fruit 29-127 Fat Free or 1% Milk 90-120		Fruit 29-127 Fat Free or 1% Milk 90-120		Fruit 29-127 Fat Free or 1% Milk 90-120				Celery w/ Ranch 3/55 Fruit 29-127 Fat Free or 1% Milk 90-120
8	Hamburger[~] on Bun^{WG} w/ Crinkle Cut Potatoes 440	9	Pancakes^{WG} w/ Yogurt + Cheesestick[^] 370	10	Grilled Cheese Sandwich^{^WG} w/ Baked Fries 394	11	Taco[~] w/ Corn + Edamame + Scoops^{WG} 346	12	Stuffed Crust Pizza^{^WG} 320
	Fruit 29-127 Fat Free or 1% Milk 90-120		Grape Tomatoes w/ Ranch 9/55 Fruit 29-127 Fat Free or 1% Milk 90-120		Fruit 29-127 Fat Free or 1% Milk 90-120		Salsa 25 Fruit 29-127 Fat Free or 1% Milk 90-120		Celery w/ Ranch 3/55 Fruit 29-127 Fat Free or 1% Milk 90-120

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 <small>CAL</small> Hot Dog* on Bun^{WG} w/ Baked Fries 422 Fruit 29-127 Fat Free or 1% Milk 90-120	16 <small>CAL</small> Cheesy Pull Aparts^{^WG} w/ Marinara Cup 303/40 Fruit 29-127 Fat Free or 1% Milk 90-120	17 <small>CAL</small> Chicken Nuggets^{+WG} w/ Corn 265 Fruit 29-127 Fat Free or 1% Milk 90-120	18 <small>CAL</small> THANKSGIVING MEAL Roast Turkey + Gravy w/ Mashed Potatoes + Stuffing^{WG} + Roll^{WG} 305/70 Fruit 29-127 Fat Free or 1% Milk 90-120	19 <small>CAL</small> Cheese Personal Pizza^{^WG} 330 Cucumber Slices 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 Fruit 29-127 Fat Free or 1% Milk 90-120	23 <small>CAL</small> Pancakes^{WG} w/ Yogurt + Cheesestick[^] 370 Grape Tomatoes w/ Ranch 9/55 Fruit 29-127 Fat Free or 1% Milk 90-120	24 <small>CAL</small> Stuffed Crust Pizza^{^WG} 320 Baby Carrots 30 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 Fruit 29-127 Fat Free or 1% Milk 90-120	30 <small>CAL</small> Cheesy Pull Aparts^{^WG} w/ Marinara Cup 303/40 Fruit 29-127 Fat Free or 1% Milk 90-120			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.

