

ELEMENTARY SCHOOL MENU

OCTOBER 2022

BREAKFAST ITEMS OFFERED EVERYDAY

	CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB	
Belgian Waffle w/Syrup	360	65	Mini Pancakes w/Syrup	330	8/3	Egg & Cheese English Muffin	200	24	Turkey Ham & Cheese Breakfast Sandwich	270	30	Maryland Made Cinnamon Roll ^v	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
10/3			10/4			10/5			10/6			10/7		
Chicken Nuggets w/Baked Fries & Roll OR	383	42	Spaghetti & Meatballs~ w/Roll OR	432	58	NO SCHOOL			Beef Taco w/Corn Edamame & Scoops OR	294	43	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Veggie Burger ^v w/Crinkle Cut Potatoes	379	50	Scrambled Eggs, Sausage* w/Seasoned Potatoes & Waffle	680	61				Curry Chickpeas ^v w/WG Rice	253	46	Chicken Patty on Bun	342	36
Crinkle Cut Potatoes	99	15	Celery Sticks w/Ranch	20/55	3/3				Tossed Salad w/Ranch	30/55	8/3	Fresh Veggies w/Ranch	30/55	8/3
Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27									
10/10			10/11			10/12			10/13			10/14		
Chicken Drumstick w/ Seasoned Potatoes & Roll OR	410	45	Cheese Crunchers w/Marinara Sauce OR	487	55	Mac & Cheese w/Fish Bites & Roll OR	451	48	Chicken Bites w/Corn & Roll OR	360	45	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Grilled Cheese Sandwich w/ Baked Fries	366	44	Chik'n Nuggets ^v w/Green Beans & Roll	355	46	Chicken Patty on Bun	342	36	Turkey Pepperoni * Cheese Stuffed Sandwich	300	31	Three Bean Chili ^v w/Corn & Scoops	277	52
Crinkle Cut Potatoes	99	15	MD Broccoli Florets w/Ranch	35/55	8/3	MD Celery Sticks w/Ranch	20/55	3/3	MD Spinach & Craisin Salad w/Spinach Dressing	64/136	14/13	MD Spinach & Craisin Salad w/ Spinach Dressing	64/136	14/13
MD Grape Tomatoes w/Ranch	20/5	3/3	Roasted Chickpeas	180	27	MD Cucumber Coins w/Ranch	8/55	2/3						
10/17			10/18			10/19			10/20			10/21		
Hamburger~ on Bun w/Crinkle Cut Potatoes OR	404	43	Belgian Waffle w/Yogurt & Syrup OR	420	72	Chicken Nuggets w/Cheesy Spinach & Roll OR	481	40	Beef Taco w/Corn Edamame & Scoops OR	294	43	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Chik'n Nuggets ^v w/ Seasoned Potatoes & Roll	467	65	Teriyaki Meatballs~ w/WG Veg Rice & Roll	451	64	Beef Rotini w/Green Beans & Roll	433	47	Cheese Pull Aparts w/Marinara Sauce	343	39	Chicken Ham + & Cheese on WG Croissant	340	33
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27	Tossed Salad w/Ranch	20/55	3/3	Tossed Salad w/Ranch	20/55	3/3	Fresh Veggies w/Ranch	30/55	8/3
Baby Carrots w/Ranch	35/55	8/3	Grape Tomatoes w/Ranch	20/55	3/3									

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 12–20

Paid Meal Prices: Breakfast \$1.30 Lunch \$2.55
All meals are free for students who qualify for Free or Reduced priced meals.
Students eligible for reduced price meals will not be charged.



Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services



LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
10/24			10/25			10/26			10/27			10/28		
NO SCHOOL			Chicken Drumstick w/ Seasoned Potatoes & Roll OR	410	45	Mini Cheese Calzones w/Marinara OR	369	44	Beef BBQ on Bun w/Corn OR	484	70	Pizza, Cheese or Pepperoni+~ OR	320/330	31
			Grilled Cheese Sandwich w/Baked Fries	266	44	French Toast Sticks w/Sausage Links* & Syrup	584	88	Chik'n Nuggets ^v w/Green Beans & Roll	355	46	Three Bean Chili ^v w/Corn & Scoops	277	52
			Crinkle Cut Potatoes	99	15	Celery Sticks w/Ranch	20/55	3/3	Tossed Salad w/Ranch	30/55	8/3	Fresh Veggies w/Ranch	30/55	8/3
			Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27						
10/31			NOVEMBER 1			11/2			11/3			11/4		
Hamburger~ on Bun w/Crinkle Cut Potatoes OR	404	43	Chicken Nuggets w/Green Beans & Corn & Roll OR	389	42	Spaghetti & Meatballs~ w/Roll OR	425	58	Beef Taco w/Corn Edamame & Scoops OR	294	43	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Veggie Burger ^v w/Crinkle Cut Potatoes	379	50	Turkey Pepperoni & Cheese Stuffed Sandwich	300	31	Chicken Patty on Bun	342	36	Curry Chickpeas ^v w/WG Rice	253	46	Chicken Ham+ & Cheese on WG Croissant	340	33
Crinkle Cut Potatoes	379	50	Celery Sticks w/Ranch	20/55	3/3	Tossed Salad w/Ranch	20/55	3/3	Tossed Salad w/Ranch	30/55	8/3	Fresh Veggies w/Rance	30/55	8/3
Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27									

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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 to register.

DAILY ALTERNATIVES/NUTRITION INFORMATION

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.

