

PRE-K HEAD START SCHOOL MENU

NOVEMBER 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						
10/31		11/1		11/2		11/3		11/4						
Hamburger~ on Bun w/Crinkle Cut Potatoes	404	43	Chicken Nuggets w/Corn & Roll	398	44	Spaghetti & Meatballs~ w/Roll	432	58	Beef Taco w/Corn Green Beans & Scoops	264	38	Pizza, Cheese	320/330	31
						Tossed Salad w/Ranch	30/55	8/3				Fresh Veggies w/Ranch	30/55	8/3
11/7		11/8		11/9		11/10		11/11						
NO SCHOOL		NO SCHOOL		Chicken WG Drumstick w/Red Rosemary Potatoes & Roll		370	39	Grilled Cheese Sandwich w/ Baked Fries	366	44	Pizza, Cheese	320/330	31	
											Tossed Salad w/Ranch	30/55	8/3	
11/14		11/15		11/16		11/17		11/18						
Hamburger~ on Bun w/Crinkle Cut Potatoes	404	43	Chicken Nuggets w/Corn & Roll	398	44	Beef Taco w/Corn Green Beans & Scoops	264	38	THANKSGIVING MEAL	402	48	Pizza, Cheese	320/330	31
									Turkey & Gravy w/Mashed Potatoes, Stuffing & Roll			Fresh Veggies w/Ranch	30/55	8/3
11/21		11/22		11/23		11/24		11/25						
Grilled Cheese Sandwich w/Baked Fries	366	44	Teriyaki Meatball w/ Veg Rice & Roll	421	63	SCHOOLS & OFFICES CLOSED		HOLIDAY						
			Baby Carrots w/Ranch	35/55	8/3			HOLIDAY						
11/28		11/29		11/30		DECEMBER 1		DECEMBER 2						
Hamburger~ on Bun w/Crinkle Cut Potatoes	404	43	Chicken Bites w/Ranchero Beans & Roll	479	58	Beef BBQ on Bun w/Green Beans	429	56	Beef Taco w/Corn, Green Beans & Scoops	264	38	Pizza, Cheese	320/330	31
												Fresh Veggies w/Rance	30/55	8/3

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

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

Happy Thanksgiving