

# ELEMENTARY 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 <sup>v</sup>	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 <b>OR</b> Veggie Burger <sup>v</sup> w/Crinkle Cut Potatoes	404	43	Chicken Nuggets w/Corn & Roll <b>OR</b> Turkey Pepperoni * Cheese Stuffed Sandwich	398	44	Spaghetti & Meatballs~ w/Roll <b>OR</b> Chicken Patty on Bun	432	58	Beef Taco w/Corn Green Beans & Scoops <b>OR</b> Curry Chickpeas <sup>v</sup> w/WG Rice	264	38	Pizza, Cheese or Pepperoni+~ <b>OR</b> Turkey Ham & Cheese on Whole Grain Croissant	320/330	31
Crinkle Cut Potatoes	99	15	Celery Sticks w/Ranch	20/55	3/3	Tossed Salad w/Ranch	30/55	8/3	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									
11/7			11/8			11/9			11/10			11/11		
<b>NO SCHOOL</b>			<b>NO SCHOOL</b>			Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll <b>OR</b> Chicken Patty on Bun	370	39	Chicken Soft Tacos w/Corn & Green Beans & Mini Flatbreads <b>OR</b> Grilled Cheese Sandwich w/ Baked Fries	314	45	Pizza, Cheese or Pepperoni+~ <b>OR</b> Three Bean Chili <sup>v</sup> w/Corn & Scoops	320/330	31
						Crinkle Cut Potatoes	99	15	Tossed Salad w/Ranch	30/55	8/3	Tossed Salad w/Ranch	30/55	8/3
						Baby Carrots w/Ranch	35/55	8/3						
						Grape Tomatoes w/Ranch	20/5	3/3						
11/14			11/15			11/16			11/17			11/18		
Hamburger~ on Bun w/Crinkle Cut Potatoes <b>OR</b> Chicken Patty on Bun	404	43	Chicken Nuggets w/Corn & Roll <b>OR</b> Turkey Pepperoni & Cheese Stuffed Sandwich	398	44	Beef Taco w/Corn Green Beans & Scoops <b>OR</b> Cheese Pull Aparts w/ Marinara Sauce	264	38	<b>THANKSGIVING MEAL</b> Turkey & Gravy w/Mashed Potatoes, Stuffing & Roll	402	48	Pizza, Cheese or Pepperoni+~ <b>OR</b> Turkey Ham & Cheese on WG Round Bun	320/330	31
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27	Tossed Salad w/Ranch	20/55	3/3	Cranberry Sauce	54	12	Fresh Veggies w/Ranch	30/55	8/3
Baby Carrots w/Ranch	35/55	8/3	Grape Tomatoes w/Ranch	20/55	3/3				Tossed Salad 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 <sup>v</sup>Vegan

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

# LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
11/21			11/22			11/23			11/24			11/25		
Chicken WG Drumstick w/ Potatoes & Roll	410	45	French Toast Sticks w/ Sausage Links* & Syrup	584	88	<b>SCHOOLS &amp; OFFICES CLOSED</b>			<b>HOLIDAY</b>			<b>HOLIDAY</b>		
Grilled Cheese Sandwich w/Baked Fries	366	44	Teriyaki Meatball w/ Veg Rice & Roll	421	63									
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									
Baby Carrots w/Ranch	35/55	8/3	Baby Carrots w/Ranch	35/55	8/3									
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 or Pepperoni+~	320/330	31
<b>OR</b> Veggie Burger <sup>y</sup> w/Crinkle Cut Potatoes	379	50	<b>OR</b> Cheese Pull Aparts w/ Marinara Sauce	343	39	<b>OR</b> Chicken Patty on Bun	342	36	<b>OR</b> Curry Chickpeas <sup>y</sup> w/WG Rice	253	46	<b>OR</b> Chicken Ham+ & Cheese on WG Croissant	340	33
Crinkle Cut Potatoes	99	15	Veggie Juice	40	10	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									

**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/](http://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.



# HAPPY THANKSGIVING