

PRE-K HEAD START SCHOOL MENU DECEMBER 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	
11/28		11/29		11/30		12/1		12/2	
Closed		Hamburger~ on Bun w/Crinkle Cut Potatoes	404 43	Chicken WG Bites w/Ranchero Beans & Roll	479 58	BBQ Beef on Bun w/ Green Beans	429 56	Pizza, Cheese or Pepperoni+~	320/330 31
12/5		12/6		12/7		12/8		12/9	
Grilled Cheese Sandwich w/ Baked Fries	366 44	Chik'n WG Nuggets ^v w/ Green Beans & Roll	370 39	French Toast Sticks & Scrambled Eggs w/ Syrup	249 27 240 62	Chicken Soft Tacos & Seasoned Potatoes w/ Mini Flatbreads	278 32 160 26	Pizza, Cheese or Pepperoni+~	320/330 31
12/12		12/13		12/14		12/15		12/16	
Hamburger~ on Bun w/Crinkle Cut Potatoes	404 43	Rotini Pasta & Meat Sauce~ w/ Green Beans & Roll	433 46	Chicken Nuggets w/ Cheesy Spinach & Roll	481 40	Beef Taco w/ Corn, Green Beans & Scoops	264 38	Pizza, Cheese or Pepperoni+~	320/330 31
12/19		12/20		12/21		12/22		12/23	
Grilled Cheese Sandwich w/Baked Fries	366 44	BBQ Beef on Bun w/ Corn	484 65	Chik'n Nuggets ^v w/ Green Beans & Roll	355 46	Pizza, Cheese or Pepperoni+~	320/330 31		
1/2/23		1/3/23		1/4/23		1/5/23			1/6/23
Holiday ❄️		Hamburger~ on Bun w/Crinkle Cut Potatoes	404 43	Chicken WG Bites w/Green Beans & Roll	314 33	Beef Taco w/Corn & Scoops	264 38	Pizza, Cheese or Pepperoni+~	320/330 31
								Tossed Salad w/Ranch	20/55 4/3

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