

ELEMENTARY 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
			OR			OR			OR			OR		
			Veggie Burger ^v w/Crinkle Cut Potatoes	379	50	Cheesy Pull Aparts w/ Marinara	343	39	Chicken Patty Sandwich	342	36	Crispy Fish Fillet w/ Baked Fries	470	52
			Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27	Tossed Salad w/Ranch	20/55	4/3	Fresh Veggies w/Ranch	30/55	8/3
Baby Carrots w/Ranch	35/55	8/3	Veggie Juice	40	10									
12/5			12/6			12/7			12/8			12/9		
Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll	370	39	Chik'n WG Nuggets ^v w/ Green Beans & Roll	370	39	Cheese Crunchers w/ Marinara Sauce	487	55	Chicken Soft Tacos & Seasoned Potatoes w/ Mini Flatbreads	278	32	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR			OR			OR		OR			
Grilled Cheese Sandwich w/ Baked Fries	366	44	Turkey Pepperoni & Cheese Stuffed Sandwich+~	180	38	French Toast Sticks & Scrambled Eggs w/ Syrup	249	27	Three Bean Chilli ^v w/ Corn & Scoops	277	52	Turkey Ham & Cheese Sandwich	280	30
Crinkle Cut Potatoes	99	15	Baby Carrots w/Ranch	35/55	8/3	Celery Sticks w/ Ranch	20/55	3/3	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3
Grape Tomatoes w/Ranch	35/55	8/3	Broccoli Cheese Soup	206	20	Roasted Chickpeas	180	27						
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
OR			OR			OR			OR		OR			
Chicken Patty Sandwich	342	36	Belgian Waffle w/Syrup & Yogurt	240/240	34/62	Teriyaki Meatballs~ w/ Veg Rice & Roll	421	63	Cheesy Pull Aparts w/ Marinara	343	39	Crispy Fish Fillet w/ Baked Fries	470	52
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	20/55	3/3	Grape Tomatoes w/Ranch	35/55	8/3	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3
Baby Carrots w/Ranch	35/55	8/3	Chicken & Ancient Soup	149	22	Roasted Chickpeas	180	27						

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		
12/19			12/20			12/21			12/22			12/23		
Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll <i>OR</i>	370	39	BBQ Beef on Bun w/ Corn <i>OR</i>	484	65	Turkey & Gravy w/ Mashed Potatoes & Roll <i>OR</i>	283	34	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31			
Grilled Cheese Sandwich w/Baked Fries	366	44	Turkey Pepperoni & Cheese Stuffed Sandwich+~	180	38	Chik'n Nuggets ^v w/ Green Beans & Roll	355	46	Three Bean Chili ^v w/ Corn & Scoops	277	52			
Crinkle Cut Potatoes	99	15	Grape Tomatoes w/Ranch	35/55	8/3	Celery Sticks w/ Ranch	20/55	3/3	Fresh Veggies w/Ranch	30/55	8/3			
Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27									
1/2/23			1/3/23			1/4/23			1/5/23			1/6/23		
Holiday ❄️			Hamburger~ on Bun w/Crinkle Cut Potatoes <i>OR</i>	404	43	Chicken WG Bites w/Green Beans & Roll <i>OR</i>	314	33	Beef Taco w/Corn & Scoops <i>OR</i>	264	38	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
			Veggie Burger ^v w/	379	50	Cheesy Pull Aparts w/ Marinara	343	39	Chicken Patty Sandwich	342	36	Crispy Fish Fillet w/Baked Fries	470	52
			Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27	Tossed Salad w/Ranch	20/55	8/3	Tossed Salad w/Ranch	20/55	4/3
			Baby Carrots w/Ranch	35/55	8/3									

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.

