

PRE-K/HEAD START SCHOOL MENU

JANUARY 2023

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	66	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	Cheese Stick	59	1
												Apple Juice	60	16

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
01/02		01/03		01/04		01/05		01/06	
HOLIDAY		Hamburger on Bun~ w/ Crinkle Cut Potatoes	404 43	Chicken WG Bite w/ Green Beans & Roll	314 33	Crunchy Beef Taco w/ Corn & Scoops	296 46	Pizza, Cheese	320/330 31
								Tossed Salad w/ Ranch	20/55 4/3
01/09		01/10		01/11		01/12		01/13	
Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll	370 39	Teriyaki Meatballs w/ Veg Rice & Roll	421 63	Cheese Crunchers w/ Marinara Sauce	487 55	Chicken Soft Tacos & Seasoned Potatoes w/ Mini Flatbreads	278 32	Pizza, Cheese	320/330 31
		Grape Tomatoes w/ Ranch	35/55 8/3					Tossed Salad w/ Ranch	20/55 4/3
01/16		01/17		01/18		01/19		01/20	
HOLIDAY		Hamburger on Bun~ w/ Baked Fries	415 45	Spaghetti & Meatballs~ & Roll	432 58	Chicken Nuggets w/Cheesy Spinach & Roll	481 40	Pizza, Cheese	320/330 31
						Tossed Salad w/ Ranch	20/55 4/3	Tossed Salad w/ Ranch	20/55 4/3
01/23		01/24		01/25		01/26		01/27	
Mini Cheese Calzones w/ Marinara Cup	369 44	Chik'N Nuggets ^v w/ Green Beans & Roll	355 46	Turkey & Gravy w/ Mashed Potatoes & Stuffing & Dinner Roll	402 48	Pizza, Cheese	320/330 31	NO SCHOOL	
						Assorted Fresh Veggies w/ Ranch	14/55 3/3		
01/30		01/31		FEBRUARY 1		02/02		02/03	
Hamburger~ on Bun w/Crinkle Cut Potatoes	404 43	Rotini Pasta & Meat Sauce~ w/ Green Beans & Roll	438 47	Chicken Bites w/ Ranchero Beans & Roll	478 29	Crunchy Beef Taco w/ Corn, Green Beans & Scoops	264 38	Pizza, Cheese	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

This institution is an equal opportunity provider.

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

Montgomery County Public Schools Division of Food and Nutrition Services

