

ELEMENTARY 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	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 Bites w/ Green Beans & Roll	314	33	Crunchy Beef Taco w/ Corn & Scoops	296	46	Pizza, Cheese or Pepperoni+~	320/330	31
			OR			OR			OR			OR		
			Veggie Burger ^v w/ Baked Fries	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	Tossed Salad w/Ranch	20/55	4/3
			Baby Carrots w/ Ranch	35/55	8/3									
01/09			01/10			01/11			01/12			01/13		
Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll	370	39	French Toast Sticks w/ Sausage* & Syrup	344	26	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		
Turkey Pepperoni & Cheese Stuffed Sandwich+~	180	38	Teriyaki Meatballs~ w/ Veg Rice & Roll	421	63	Chik'N Nuggets ^v w/ Green Beans & Roll	355	46	Hamburger on Bun~ w/ Corn	351	39	Turkey Ham & Cheese Sandwich	227	29
Crinkle Cut Potatoes	99	15	Grape Tomatoes 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
Baby Carrots w/Ranch	35/55	8/3	Broccoli Cheese Soup	206	20	Roasted Chickpeas	180	27						
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 or Pepperoni+~	320/330	31
			OR			OR			OR			OR		
			Grilled Cheese WG Sandwich	280	31	Belgian Waffle & Syrup w/ Yogurt	240/240	34/62	Three Bean Chili w/ Corn & Scoops	277	52	Spicy Chicken Tenders w/ Sweet Potatoes	388	53
			Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	20/55	3/3	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3
			Baby Carrots w/ Ranch	35/55	8/3	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

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

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.



This institution is an equal opportunity provider. Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
01/23			01/24			01/25			01/26			01/27		
Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll <i>OR</i>	370	39	Mac & Cheese w/ Fish Bites & Roll <i>OR</i>	451	48	Turkey & Gravy w/ Mashed Potatoes & Stuffing & Dinner Roll <i>OR</i>	402	48	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31			
Mini Cheese Calzones w/ Marinara Cup	369	44	Chik'nv Nuggets w/ Green Beans & Roll	355	46	Pancakes & Syrup w/ Yogurt & Cheese Stick	220/240	35/62	Chicken Sandwich on WG Bun	342	36	NO SCHOOL		
Crinkle Cut Potatoes	99	15	Grape Tomatoes w/Ranch	35/55	8/3	Celery Sticks w/ Ranch	80/59	15/1	Assorted Fresh Veggies w/ Ranch	14/55	3/3			
Baby Carrots w/Ranch	35/55	8/3	Chicken Vegetable & Ancient Grains Soup	149	22	Roasted Chickpeas	20/55	3/3						
01/30			01/31			02/01			02/02			02/03		
Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404	43	Rotini Pasta & Meat Sauce~ w/ Green Beans & Roll <i>OR</i>	404	43	Chicken Bites w/ Ranchero Beans & Roll <i>OR</i>	478	29	Crunchy Beef Taco w/ Corn, Green Beans & Scoops <i>OR</i>	264	38	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Veggie Burger ^v w/ Baked Fries	379	50	Chicken Sandwich on WG Bun	342	36	Turkey Pepperoni & Cheese Stuffed WG Sandwich+~	180	38	Curry Chickpeas w/ WG Rice	333	62	Spicy Chicken Tenders w/ Sweet Potatoes	388	53
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	20/55	3/3	Roasted Chickpeas	180	27	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3
Baby Carrots w/Ranch	35/55	8/3	Butternut Squash Soup ^v	324	36									

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.

