

PRE-K HEAD START SCHOOL MENU

MARCH 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 on English Muffin	200	24	Turkey Ham+ & Cheese Breakfast Sandwich	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	16	Apple Juice	60	16

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
02/27			02/28			03/01			03/02			03/03		
Hamburger on Bun~ w/ Baked Fries	415	45	Chicken WG Bites w/ Ranchero Beans & Roll	479	58	Pancakes & Syrup w/ Yogurt & Cheese Stick Baby Carrots w/ Ranch	220/240 80/59 35/55	35/62 15/1 8/3	Crunchy Beef Taco w/ Corn, Green Beans & Scoops	238	31	Cheese Pizza	320/330	31
												Tossed Salad w/ Ranch	20/55	4/3
03/06			03/07			03/08			03/09			03/10		
Cheese Crunchers w/ Marinara Sauce	487	55	Teriyaki Meatballs~ w/ Veg Rice & Roll	421	63	Turkey & Gravy w/ Mashed Potatoes & Roll	300	35	Macaroni & Cheese w/ Fish Bites & Roll	451	48	Cheese Pizza	320/330	31
			Grape Tomatoes w/ Ranch	35/55	8/3				Tossed Salad w/ Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
03/13			03/14			03/15			03/16			03/17		
Chicken WG Bites w/ Cheesy Spinach & Roll	389	35	Hamburger on Bun~ w/ Crinkle Cut Potatoes	404	42	Penne Pasta & Meat Sauce~ w/ Roll	272	46	Crunchy Beef Taco w/ Corn, Green Beans & Scoops	238	31	Cheese Pizza	320/330	31
Baby Carrots w/ Ranch	35/55	8/3				Tossed Salad w/ Ranch	20/55	4/3				Assorted Fresh Veggies w/ Ranch	14/55	3/3
03/20			03/21			03/22			03/23			03/24		
Chik'n Nuggets ^v w/ Corn & Roll	370	48	Meatball Sub~ w/ Green Beans	336	46	Macaroni & Cheese w/ Fish Bites & Roll	451	48	Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll	437	52	Cheese Pizza	320/330	31
						Grape Tomatoes w/ Ranch	35/55	8/3				Tossed Salad w/ Ranch	20/55	4/3
03/27			03/28			03/29			03/30			03/31		
Hamburger on Bun~ w/ Baked Fries	415	45	Chicken WG Bites w/ Ranchero Beans & Roll	479	58	Crunchy Beef Taco w/ Corn, Green Beans & Scoops OR	238	31	Cheese Pizza	320/330	31	NO SCHOOL DAY 🍀		
								Assorted Fresh Veggies w/ Hummus	14/110	3/18				

Spring Break Monday, April 3, 2023 to Monday, April 10, 2023

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 WG = Whole Grain

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

