

ELEMENTARY 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

LUNCH

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	220/240	35/62	Crunchy Beef Taco w/ Green Beans & Scoops	238	31	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR			OR		OR				OR		
Veggie Burger ^v w/Crinkle Cut Potatoes	379	50	Turkey Pepperoni & Cheese Stuffed WG Sandwich+~	300	31	Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	440	57	Chicken Patty Sandwich	342	36	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	4/3	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	Chicken & Ancient Grains Soup	149	22						
03/06			03/07			03/08			03/09			03/10		
Cheese Crunchers w/ Marinara Sauce	487	55	French Toast Sticks w/ Sausage* & Syrup	344	26	Turkey & Gravy w/ Mashed Potatoes & Roll	300	35	Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll	437	52	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR	240	62	OR			OR			OR		
Chicken Patty Sandwich	342	36	Teriyaki Meatballs~ w/ Veg Rice & Roll	421	63	Chik'n Nuggets v w/ Corn & Roll	370	48	Macaroni & Cheese w/ Fish Bites & Roll	451	48	Turkey & Cheese Sandwich	236	27
Baby Carrots w/ Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	35/55	8/3	Crinkle Cut Potatoes	99	15	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Roasted Chickpeas	180	27	Celery Sticks w/ Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3						
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/ Green Beans & Scoops	238	31	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR			OR		OR				OR		
Belgian Waffle & Syrup w/ Yogurt	240/240	34/62	Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	440	57	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50	Turkey Ham+ & Cheese Croissant Sandwich	340	33	Three Bean Chili v w/ Corn & Scoops	277	52
Baby Carrots w/Ranch	180	38	Celery Sticks w/ Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
	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

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		
03/20			03/21			03/22			03/23			03/24		
Chicken Soft Tacos & Seasoned Potatoes w/ Mini Flatbreads OR	278	32	French Toast Sticks w/ Sausage* & Syrup OR	344	26	Mac & Cheese w/ Fish Bites & Roll OR	451	48	Chicken WG Drumstick w/ Red Rosemary Potatoes & Roll OR	437	52	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Chik'n' Nuggets w/ Corn & Roll	370	48	Meatball Sub~ w/ Green Beans	336	46	Chicken Patty Sandwich	342	36	Curry Chickpeas w/ WG Rice & Roll	333	61	Turkey & Cheese Sandwich	236	27
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	20/55	4/3	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	Broccoli Cheese Soup [†]	206	20	Roasted Chickpeas	180	27						
03/27			03/28			03/29			03/30			03/31		
Hamburger on Bun~ w/ Baked Fries OR	415	45	Chicken WG Bites w/ Ranchero Beans & Roll OR	479	58	Crunchy Beef Taco w/ Corn, Green Beans & Scoops OR	264	37	Pizza, Cheese or Pepperoni+~ OR	320/330	31	NO SCHOOL DAY 🍀		
Veggie Burger [†] w/Crinkle Cut Potatoes	379	50	Mini Cheese Calzones w/ Marinara Sauce	250	33	Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	440	57	Turkey Ham+ & Cheese Croissant Sandwich	340	33			
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	20/55	4/3	Grape Tomatoes w/ Hummus	20	3	Assorted Fresh Veggies w/ Hummus	14	3			
Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27		110	18		110	18			

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

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 reoccurring 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.

