

# PRE-K/HEAD START MENU

## MAY 2022

MCPS Division of Food and Nutrition and Nutrition Services (DFNS) is currently experiencing the impact of nationwide supply chain issues, which have been causing sudden menu changes. DFNS is committed to providing quality, nutritious meals to our students. In efforts to minimize the impact of these changes, DFNS is currently taking precautionary steps including streamlining menu options. We appreciate your understanding and patience during this time.

### BREAKFAST ITEMS OFFERED EVERY DAY

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB			
Apple Cinnamon Oatmeal Round	280	38	Yogurt w/Grahams	210	35	Beef Sausage Pancake Sandwich	143	16	Yogurt Smoothie w/Grahams	260	56	Belgian Waffle w/Syrup	480	96
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16

### LUNCH

ASSORTED FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL: FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> NO SCHOOL	<b>3</b> Hamburger on Bun w/Green Beans & Corn 350 35	<b>4</b> Turkey & Red Potatoes w/Gravy and Roll 306 38	<b>5</b> Chik'N Nuggets w/Cheesy Spinach & Roll 310 49 Tossed Salad w/Ranch 30/55 8/3	<b>6</b> Pizza, Cheese or Pepperoni+~ 320/330 31 Fresh Veggies w/Ranch 30/55 5/3
<b>9</b> Beef Sloppy Joe on Bun w/Green Beans 447 43	<b>10</b> Veggie Burger w/Crinkle-Cut Potatoes 379 50	<b>11</b> Pulled Turkey BBQ w/Corn & Roll 297 42	<b>12</b> Spaghetti w/Meatballs & Roll 422 58 Tossed Salad w/Ranch 30/55 8/3	<b>13</b> Pepperoni+~ and Cheese Stuffed Sandwich 320 31 Fresh Veggies w/Ranch 30/55 5/3
<b>16</b> Hot Dog+ on Bun w/Ranchero Beans 425 57	<b>17</b> Chicken Drumstick w/Seasoned Potatoes & Roll 400 45	<b>18</b> Cheese Crunchers w/Marinara Sauce 487 55	<b>19</b> Chicken Nuggets w/Blueberry Bread 453 43 Tossed Salad w/Ranch 30/55 8/3	<b>20</b> Pizza, Cheese or Pepperoni+~ 320/330 31 Fresh Veggies w/Ranch 30/55 5/3
<b>23</b> Hamburger on Bun w/Crinkle Cut Potatoes 418 42	<b>24</b> Belgian Waffle w/Syrup & Yogurt 420 72	<b>25</b> Mini Chicken Soft Tacos w/Corn 366 44	<b>26</b> Chik'N Nuggets w/Cheesy Spinach & Roll 310 49 Tossed Salad w/Ranch 30/55 8/3	<b>27</b> Pepperoni+~ and Cheese Stuffed Sandwich 320 45 Fresh Veggies w/Ranch 30/55 5/3
<b>30</b> NO SCHOOL	<b>31</b> French Toast Sticks w/Sausage Links* 344 50	<b>JUN 1</b> Grilled Cheese Sandwich w/Baked French Fries 366 44	<b>JUN 2</b> Taco w/Corn & Edamame & Scoops 346 43 Tossed Salad w/Ranch 30/55 8/3	<b>JUN 3</b> Pizza, Cheese or Pepperoni+~ 320/330 31 Fresh Veggies w/Ranch 30/55 5/3

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

## OPENINGS FOR CAFETERIA SUBSTITUTE MANAGERS

**Please consider applying for a cafeteria substitute manager position. It is a 6-hour permanent position with benefits. Training is provided. Visit the MCPS careers website for more information.**

## 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/](http://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.

