



# BUS MENU

Maryland's Largest School District

**MONTGOMERY COUNTY PUBLIC SCHOOLS**

**10.12.20**

## BREAKFAST

**Cinnamon Roll<sup>^WG</sup>** 232 cal/38 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Pizza<sup>^WG</sup>** 310-349 cal/29-31 carb

**Celery Sticks w/ Peanut Butter Cup<sup>P</sup>** 3/200 cal/5/7 carb

**Blueberry Cup** 40 cal/9 carb ▪ **Milk** 90-120 cal/13-20 carb

**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>PD</sup>, Bagel<sup>WG</sup>, Veggie Juice, Craisins, Carrots and Milk

\*Menu subject to change due to product supply.

This institution is an equal opportunity provider.

*Food Allergy Awareness: Some of our food products may have come in contact with or contain dairy, eggs, fish, peanuts, shellfish, soy, tree nuts and wheat. Please check our website for nutrients and allergen information.*

Menu Key:

~ Beef cal Calories <sup>IW</sup> Individually Wrapped <sup>^</sup> Meatless

<sup>P</sup> Peanuts \* Pork <sup>^</sup> Poultry <sup>v</sup> Vegan <sup>WG</sup> Whole Grain



# BUS MENU

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**10.13.20**

## BREAKFAST

**Rice Krispies<sup>WG</sup>** 100 cal/23 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Turkey Salami<sup>+</sup> + Cheese on Bun<sup>WG</sup>** 226 cal/29 carb

**Baby Carrots** 35 cal/8 carb

**Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>VD</sup>, Bagel<sup>WG</sup>, Veggie Juice, Craisins, Carrots and Milk

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# BUS MENU

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**10.14.20**

## BREAKFAST

**Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup>** 130/70 cal/25/2 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Cheddar Cheese Cup + Cheese Stick<sup>^</sup>** 190/59 cal/14/1 carb

**Scoops<sup>WG</sup>** 110 cal/19 carb ▪ **Salsa Cup** 25 cal/5 carb

**Dried Fruit Mix** 120 cal/30 carb ▪ **Milk** 90-120 cal/13-20 carb

**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>VD</sup>, Bagel<sup>WG</sup>, Veggie Juice, Craisins, Carrots and Milk

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# BUS MENU

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**10.15.20**

## BREAKFAST

**Egg + Cheese Wrap<sup>^WG</sup>** 180 cal/14 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>IWWG</sup>** 227-280 cal/29 carb

**Broccoli w/ Ranch** 15/55 cal/5/13 carb

**Mixed Berry Cup** 90 cal/20 carb ▪ **Milk** 90-120 cal/13-20 carb

**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>PD</sup>, Bagel<sup>WG</sup>, Veggie Juice, Craisins, Carrots and Milk

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# BUS MENU

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**10.16.20**

## BREAKFAST

**Pancakes<sup>^WG</sup>** 210-220 cal/25/2 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Turkey<sup>+</sup> + Cheese Sandwich<sup>IWWG</sup>** 236-270 cal/27-30 carb

**Cucumber Slices w/ Ranch** 8/25 cal/3/13 carb

**Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>VD</sup>, Bagel<sup>WG</sup>, Veggie Juice, Craisins, Carrots and Milk

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# BUS MENU

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**10.17.20**

## BREAKFAST

**Cinnamon Chex<sup>^WG</sup>** 230 cal/45 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Mesquite Chicken<sup>+</sup> + Cheese Croissant<sup>WG</sup>** 322 cal/29 carb

**Roasted Chickpeas** 160 cal/24 carb

**Craisins** 110 cal/27 carb ▪ **Milk** 90-120 cal/13-20 carb

**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>VD</sup>, Bagel<sup>WG</sup>, Veggie Juice, Craisins, Carrots and Milk

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# BUS MENU

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**10.18.20**

## BREAKFAST

**Cereal Bar<sup>^WG</sup>** 140 cal/24 carb

**Orange Juice** 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

## LUNCH

**Cheese Cavatappi<sup>^WG</sup>** 428 cal/36 carb

**Marinara Cup** 40 cal/7 carb

**Peaches** 53 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

**Alternates (Vegetarian/Vegan):** Peanut Butter Cups<sup>VP</sup>, Bagel<sup>WG</sup>, Veggie Juice, Craisins, Carrots and Milk

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