

# NOVEMBER 2021

## PRE-K/HEADSTART CARBS

BREAKFAST		CARBOHYDRATES			
<b>M</b>	Maple Beef Sausage Pancake Sandwich <sup>-WGIW</sup> <b>16</b>	<b>Carb Counts are for items that are highlighted only. Hot Packs Counts include the items "under the film" – not the bread or roll added to it.</b>  <b>Standard Grains/Bread Carb Counts:</b> Croissant: 26      Granola Pkg: 47      Mini Flatbread: 13      Scoops: 19 Croutons: 4      Hamburger Bun: 28      Rounds: 29 Dinner Roll: 15      Hot Dog Bun: 30      Pita Chips: 24			
<b>T</b>	Yogurt + Oatmeal Bar <sup>^WGIW</sup> <b>15/23</b>				
<b>W</b>	Turkey Ham <sup>+</sup> + Cheese on Hawaiian Bun <sup>WG</sup> <b>27</b>				
<b>TH</b>	Beef Sausage Bagel <sup>-WGIW</sup> <b>27</b>				
<b>F</b>	Cinnamon Roll <sup>^WGIW</sup> <b>38</b>				
<b>SERVED DAILY</b>					
Assorted Fruit/Fruit Juice      7-33					
Fat Free or 1% Milk      13-20					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>Menu Key:</b> ~Beef Carb = Carbohydrates ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain					
LUNCH					
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
<b>Chicken Bites<sup>+WG</sup> w/ Mac + Cheese + Roll<sup>WG</sup> <b>33/15</b></b> Baby Carrots w/ Ranch      8/15 Fruit      7-33 Fat Free or 1% Milk      13-20	<b>Yogurt<sup>^</sup> w/ Granola<sup>WG</sup> + Strawberry Cup <b>38/47/22</b></b> Fruit      7-33 Fat Free or 1% Milk      13-20	<b>Hot Dog<sup>+</sup> on Bun<sup>WG</sup> w/ Corn <b>44</b></b> Fruit      7-33 Fat Free or 1% Milk      13-20	<b>NO SCHOOL</b>	<b>Cheese Personal Pizza<sup>^WG</sup> <b>31</b></b> Celery w/ Ranch      3/15 Fruit      7-33 Fat Free or 1% Milk      13-20	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
<b>Hamburger<sup>~</sup> on Bun<sup>WG</sup> w/ Crinkle Cut Potatoes <b>16</b></b> Fruit      7-33 Fat Free or 1% Milk      13-20	<b>Pancakes<sup>WG</sup> w/ Yogurt + Cheesestick<sup>^</sup> <b>51</b></b> Grape Tomatoes w/ Ranch      3/15 Fruit      7-33 Fat Free or 1% Milk      13-20	<b>Grilled Cheese Sandwich<sup>^WG</sup> w/ Baked Fries <b>44</b></b> Fruit      7-33 Fat Free or 1% Milk      13-20	<b>Taco<sup>~</sup> w/ Corn + Edamame + Scoops<sup>WG</sup> <b>19</b></b> Salsa      5 Fruit      7-33 Fat Free or 1% Milk      13-20	<b>Stuffed Crust Pizza<sup>^WG</sup> <b>31</b></b> Celery w/ Ranch      3/15 Fruit      7-33 Fat Free or 1% Milk      13-20	

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## PRE-K/HEADSTART MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15</b> CARB <b>Hot Dog* on Bun<sup>WG</sup></b> <b>w/ Baked Fries</b> <b>45</b> Fruit 7-33 Fat Free or 1% Milk 13-20	<b>16</b> CARB <b>Cheesy Pull Aparts<sup>^WG</sup></b> <b>w/ Marinara Cup</b> <b>32/7</b> Fruit 7-33 Fat Free or 1% Milk 13-20	<b>17</b> CARB <b>Chicken Nuggets<sup>+WG</sup> w/ Corn</b> <b>26</b> Fruit 7-33 Fat Free or 1% Milk 13-20	<b>18</b> <b>THANKSGIVING MEAL</b> CARB <b>Roast Turkey + Gravy</b> <b>w/ Mashed Potatoes +</b> <b>Stuffing<sup>WG</sup> + Roll<sup>WG</sup></b> <b>33/15</b> Fruit 7-33 Fat Free or 1% Milk 13-20	<b>19</b> CARB <b>Cheese Personal Pizza<sup>^WG</sup></b> <b>31</b> Cucumber Slices w/ Ranch 5/15 Fruit 7-33 Fat Free or 1% Milk 13-20
<b>22</b> CARB <b>Hamburger~ on Bun<sup>WG</sup></b> <b>w/ Crinkle Cut Potatoes</b> <b>16</b> Fruit 7-33 Fat Free or 1% Milk 13-20	<b>23</b> CARB <b>Pancakes<sup>WG</sup> w/ Yogurt</b> <b>+ Cheesestick<sup>^</sup></b> <b>51</b> Grape Tomatoes w/ Ranch 3/15 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>24</b> CARB <b>Stuffed Crust Pizza<sup>^WG</sup></b> <b>31</b> Baby Carrots 8 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>25</b> <b>NO SCHOOL</b>	<b>26</b> <b>NO SCHOOL</b>
<b>29</b> CARB <b>Chicken Nuggets<sup>+WG</sup> w/ Cheesy</b> <b>Spinach + Roll<sup>WG</sup></b> <b>24/15</b> Fruit 7-33 Fat Free or 1% Milk 13-20	<b>30</b> CARB <b>Cheesy Pull Aparts<sup>^WG</sup></b> <b>w/ Marinara Cup</b> <b>32/7</b> Fruit 7-33 Fat Free or 1% Milk 13-20			For information on current hunger relief resources and emergency food providers in Montgomery County, visit the Montgomery County Food Council's Food Assistance Resource Directory at <a href="https://mocofoodcouncil.org/foodassistance">https://mocofoodcouncil.org/            foodassistance.</a>

