

# OCTOBER 2021 ELEMENTARY CARBS

DIVISION OF FOOD & NUTRITION SERVICES

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

A LA CARTE OPTIONS		BREAKFAST		CARBOHYDATE COUNTS														
<p><i>Did you know that, in addition to healthy meals, many schools offer a la carte options? All snack foods and beverages sold are in compliance with the MCPS Wellness Regulations (www.montgomeryschoolsmd.org/departments/policy/pdf/jpgra.pdf). For information about your school's offerings, or to restrict student purchases, please contact your school cafeteria manager.</i></p>		<b>M</b>	<b>Maple Beef Sausage Pancake Sandwich<sup>-WGIW</sup></b>	<b>16</b>	<p><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></p> <p><b>Standard Grains/Bread Carb Counts:</b></p> <table border="0"> <tr> <td>Croissant: 26</td> <td>Hamburger Bun: 28</td> <td>Pita Chips: 24</td> </tr> <tr> <td>Croutons: 4</td> <td>Hot Dog Bun: 30</td> <td>Scoops: 19</td> </tr> <tr> <td>Dinner Roll: 15</td> <td>Mini Flatbread: 13</td> <td></td> </tr> <tr> <td>Granola Pkg: 47</td> <td>Rounds: 29</td> <td></td> </tr> </table>		Croissant: 26	Hamburger Bun: 28	Pita Chips: 24	Croutons: 4	Hot Dog Bun: 30	Scoops: 19	Dinner Roll: 15	Mini Flatbread: 13		Granola Pkg: 47	Rounds: 29	
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<b>T</b>	<b>Yogurt + Oatmeal Bar<sup>^WGIW</sup></b>	<b>15/23</b>																
<b>W</b>	<b>Turkey Ham<sup>+</sup> + Cheese on Hawaiian Bun<sup>WG</sup></b>	<b>27</b>																
<b>TH</b>	<b>Beef Sausage Bagel<sup>-WGIW</sup></b>	<b>27</b>																
<b>F</b>	<b>Cinnamon Roll<sup>^WGIW</sup></b>	<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										
<p><b>Menu Key:</b> ~Beef Carb = Carbohydrates ^Meatless pPeanuts +Poultry *Pork 🌶️ Spicy ^Vegan WG = Whole Grain</p>																		
LUNCH																		
								<p><b>1</b> <sup>CARB</sup></p> <p><b>Stuffed Crust Pizza<sup>WG</sup> Cheese<sup>^</sup> or Pepperoni<sup>~</sup></b> <b>31</b></p> <p style="text-align: center;"><b>OR</b></p> <p><b>Potato Crisp Fish on Bun<sup>^WG</sup></b> <b>41</b></p> <p>Tossed Salad w/ Ranch 4/15</p> <p>Fruit 7-33</p> <p>Fat Free or 1% Milk 13-20</p>										
MARYLAND FARM TO SCHOOL WEEK																		
<p><b>4</b> <sup>CARB</sup></p> <p><b>Chicken Bites<sup>+WG</sup> w/ Mac + Cheese + Roll<sup>WG</sup></b> <b>33/15</b></p> <p style="text-align: center;"><b>OR</b></p> <p><b>Cheesesteak<sup>~</sup> Potato Bowl + Roll<sup>WG</sup></b> <b>31/15</b></p> <p>Baby Carrots w/ Ranch 8/15</p> <p>MD Broccoli w/ Ranch 3/15</p> <p>Fruit 7-33</p> <p>Fat Free or 1% Milk 13-20</p>		<p><b>5</b> <sup>CARB</sup></p> <p><b>French Toast Sticks<sup>WG</sup> w/ Sausage<sup>+</sup></b> <b>26</b></p> <p style="text-align: center;"><b>OR</b></p> <p><b>Teriyaki Meatballs<sup>~</sup> w/ Veggie Rice<sup>WG</sup> + Roll<sup>WG</sup></b> <b>50</b></p> <p>Roasted Chickpeas 24</p> <p>Grape Tomatoes w/ Ranch 3/15</p> <p>MD Whole Apples 21</p> <p>Fruit 7-33</p> <p>Fat Free or 1% Milk 13-20</p>		<p><b>6</b> <sup>CARB</sup></p> <p><b>Hot Dog<sup>+</sup> on Bun<sup>WG</sup> w/ Corn</b> <b>44</b></p> <p style="text-align: center;"><b>OR</b></p> <p><b>Veggie Burger<sup>v</sup> on Bun<sup>WG</sup> w/ Crinkle Cut Potatoes</b> <b>52</b></p> <p>Baked Fries 17</p> <p>MD Spinach Craisin Salad 28/25</p> <p>Fruit 7-33</p> <p>Fat Free or 1% Milk 13-20</p>		<p><b>7</b> <sup>CARB</sup></p> <p><b>Chicken Drumstick<sup>+WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup></b> <b>30/15</b></p> <p style="text-align: center;"><b>OR</b></p> <p><b>Yogurt<sup>^</sup> w/ Granola<sup>WG</sup> + Strawberry Cup</b> <b>38/47/22</b></p> <p>Tossed Salad w/ Ranch 4/15</p> <p>MD Cantaloupe Cubes 7</p> <p>Fruit 7-33</p> <p>Fat Free or 1% Milk 13-20</p>		<p><b>8</b> <sup>CARB</sup></p> <p><b>Personal Pizza<sup>WG</sup> w/ Cheese or Pepperoni<sup>~</sup></b> <b>31</b></p> <p style="text-align: center;"><b>OR</b></p> <p><b>Spicy Chicken Patty<sup>~</sup> on Bun<sup>WG</sup></b> <b>9</b></p> <p>Celery w/ Ranch 3/15</p> <p>Assorted Vegetables w/ Ranch 5/15</p> <p>MD Whole Apples 21</p> <p>Fruit 7-33</p> <p>Fat Free or 1% Milk 13-20</p>										

# OCTOBER 2021 ELEMENTARY CARBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> CARB <b>Hamburger~ on Bun<sup>WG</sup></b> <b>w/ Crinkle Cut Potatoes 16</b> <b>OR</b> <b>Grilled Cheese Sandwich<sup>^WG</sup></b> <b>w/ Baked Fries 44</b> Baby Carrots w/ Ranch 8/15 Baked Fries 17 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>12</b> CARB <b>Chicken Patty<sup>+WG</sup> on Bun<sup>WG</sup> 9</b> <b>OR</b> <b>Pancakes<sup>WG</sup> w/ Yogurt</b> <b>+ Cheesestick<sup>^</sup> 51</b> Grape Tomatoes w/ Ranch 3/15 Roasted Chickpeas 24 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>13</b> CARB <b>Spaghetti + Meatballs~</b> <b>+ Roll<sup>WG</sup> 65/15</b> <b>OR</b> <b>Pulled Turkey BBQ<sup>+</sup></b> <b>w/ Cornbread Bowl<sup>WG</sup> 45</b> Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>14</b> CARB <b>Taco~ w/ Corn + Edamame</b> <b>+ Scoops<sup>WG</sup> 19</b> <b>OR</b> <b>Chik'n Nuggets<sup>v</sup> w/ Corn</b> <b>+ Roll<sup>WG</sup> 31/15</b> Salsa 5 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>15</b> CARB <b>Stuffed Crust Pizza<sup>WG</sup> Cheese<sup>^</sup></b> <b>or Pepperoni<sup>+-</sup> 31</b> <b>OR</b> <b>Potato Crisp Fish on Bun<sup>^WG</sup> 41</b> Celery + Assorted Vegetables w/ Ranch 8/15 Fruit 7-33 Fat Free or 1% Milk 13-20
<b>18</b> CARB <b>Chicken Nuggets<sup>+WG</sup> w/ Cheesy</b> <b>Spinach + Roll<sup>WG</sup> 24/15</b> <b>OR</b> <b>Teriyaki Meatballs~ w/ Veggie</b> <b>Rice<sup>WG</sup> + Roll<sup>WG</sup> 50/15</b> Baby Carrots + Grape Tomatoes w/ Ranch 11/15 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>19</b> CARB <b>French Toast Sticks<sup>WG</sup></b> <b>w/ Sausage<sup>*</sup> 26</b> <b>OR</b> <b>Cheese Crunchers<sup>^WG</sup></b> <b>w/ Broccoli 41</b> Celery w/ Ranch 3/15 Roasted Chickpeas 24 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>20</b> CARB <b>Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b> <b>w/ Baked Fries 45</b> <b>OR</b> <b>Veggie Burger<sup>v</sup> on Bun<sup>WG</sup></b> <b>w/ Crinkle Cut Potatoes 52</b> Baked Fries 17 Tossed Salad w/ Ranch 18/15 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>21</b> CARB <b>Mini Chicken Soft Tacos<sup>+WG</sup></b> <b>w/ Corn 23/26</b> <b>OR</b> <b>Yogurt<sup>^</sup> w/ Granola<sup>WG</sup> +</b> <b>Strawberry Cup 38/47/22</b> Salsa 5 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>22</b> CARB <b>Personal Pizza<sup>WG</sup> w/ Cheese</b> <b>or Pepperoni<sup>+-</sup> 31</b> <b>OR</b> <b>Spicy Chicken Patty<sup>^v</sup> on Bun<sup>WG</sup> 9</b> Cucumber Slices + Assorted Vegetables w/ Ranch 8/15 Fruit 7-33 Fat Free or 1% Milk 13-20
<b>25</b> CARB <b>Hamburger~ on Bun<sup>WG</sup></b> <b>w/ Crinkle Cut Potatoes 16</b> <b>OR</b> <b>Grilled Cheese Sandwich<sup>^WG</sup></b> <b>w/ Baked Fries 44</b> Baby Carrots 8 Fruit 7-33 Fat Free or 1% Milk 80-120	<b>26</b> CARB <b>Chicken Patty<sup>+WG</sup> on Bun<sup>WG</sup> 9</b> <b>OR</b> <b>Pancakes<sup>WG</sup> w/ Yogurt</b> <b>+ Cheesestick<sup>^</sup> 51</b> Grape Tomatoes w/ Ranch 9/15 Roasted Chickpeas 25 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>27</b> CARB <b>Cheese Crunchers<sup>^WG</sup></b> <b>w/ Marinara Sauce 44</b> <b>OR</b> <b>Pulled Turkey BBQ<sup>+</sup> w/</b> <b>Cornbread Bowl<sup>WG</sup> 45</b> Celery Sticks + Broccoli w/ Ranch 8/15 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>28</b> CARB <b>Taco~ w/ Corn + Edamame</b> <b>+ Scoops<sup>WG</sup> 19</b> <b>OR</b> <b>Chik'n Nuggets<sup>v</sup> w/ Corn</b> <b>+ Roll<sup>WG</sup> 31/15</b> Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20	<b>29</b> CARB <b>Stuffed Crust Pizza<sup>WG</sup> Cheese<sup>^</sup></b> <b>or Pepperoni<sup>+-</sup> 31</b> <b>OR</b> <b>Potato Crisp Fish on Bun<sup>^WG</sup> 41</b> Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20

## PARENT INFORMATION

**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.

RETURNED CHECKS ARE SUBJECT TO RECOVERY FOR THE FACE VALUE AND MARYLAND STATE ALLOWED FEE OF \$25.00 THROUGH AN ELECTRONIC DEBIT OR PAPER DRAFT TO THE SAME ACCOUNT. YOUR PAYMENT BY CHECK CONSTITUTES YOUR ACCEPTANCE OF THESE TERMS.

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 <https://mocofoodcouncil.org/foodassistance>.

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