

OCTOBER 2021

PRE-K/HEADSTART CARBS

	BREAKFAST			CARBOHYDATE COUNTS	
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 .	M	Maple Beef Sausage Pancake Sandwich ^{~WGIW}	16	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. Standard Grains/Bread Carb Counts: 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	
	T	Yogurt + Oatmeal Bar ^{^WGIW}	15/23		
	W	Turkey Ham ⁺ + Cheese on Hawaiian Bun ^{WG}	27		
	TH	Beef Sausage Bagel ^{~WGIW}	27		
	F	Cinnamon Roll ^{^WGIW}	38		
	SERVED DAILY				
		Assorted Fruit/Fruit Juice	7-33		
		Fat Free or 1% Milk	13-20		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menu Key: ~Beef Cal = Calories ^Meatless pPeanuts +Poultry *Pork ^Vegan WG = Whole Grain					
LUNCH					
					1 Stuffed Crust Pizza^{^WG} CAL 31 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20
4 Chicken Bites^{+WG} w/ Mac + Cheese + Roll^{WG} CAL 33/15 Baby Carrots w/ Ranch 8/15 Fruit 7-33 Fat Free or 1% Milk 13-20	5 Teriyaki Meatballs~ w/ Veggie Rice^{WG} + Roll^{WG} CAL 50 Fruit 7-33 Fat Free or 1% Milk 13-20	6 Hot Dog⁺ on Bun^{WG} w/ Corn CAL 44 Fruit 7-33 Fat Free or 1% Milk 13-20	7 Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} CAL 30/15 Fruit 7-33 Fat Free or 1% Milk 13-20	8 Cheese Personal Pizza^{^WG} CAL 31 Celery w/ Ranch 3/15 Fruit 7-33 Fat Free or 1% Milk 13-20	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 CAL Hamburger~ on Bun^{WG} w/ Crinkle Cut Potatoes 16 Fruit 7-33 Fat Free or 1% Milk 13-20	12 CAL Pancakes^{WG} w/ Yogurt + Cheesestick^ 51 Grape Tomatoes w/ Ranch 3/15 Fruit 7-33 Fat Free or 1% Milk 13-20	13 CAL Spaghetti + Meatballs~ + Roll^{WG} 65/15 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20	14 CAL Taco~ w/ Corn + Edamame + Scoops^{WG} 19 Salsa 5 Fruit 7-33 Fat Free or 1% Milk 13-20	15 CAL Stuffed Crust Pizza^{^WG} 31 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20
18 CAL Chicken Nuggets^{+WG} w/ Cheesy Spinach + Roll^{WG} 24/15 Baby Carrots w/ Ranch 8/15 Fruit 7-33 Fat Free or 1% Milk 13-20	19 CAL Cheese Crunchers^{WG} w/ Broccoli 41 Fruit 7-33 Fat Free or 1% Milk 13-20	20 CAL Hot Dog+ on Bun^{WG} w/ Baked Fries 45 Fruit 7-33 Fat Free or 1% Milk 13-20	21 CAL Mini Chicken Soft Tacos^{+WG} w/ Corn 23/26 Salsa 5 Fruit 7-33 Fat Free or 1% Milk 13-20	22 CAL Cheese Personal Pizza^{^WG} 31 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20
25 CAL Hamburger~ on Bun^{WG} w/ Crinkle Cut Potatoes 16 Fruit 7-33 Fat Free or 1% Milk 13-20	26 CAL Pancakes^{WG} w/ Yogurt + Cheesestick^ 51 Grape Tomatoes w/ Ranch 3/15 Fruit 7-33 Fat Free or 1% Milk 13-20	27 CAL Cheese Crunchers^{^WG} w/ Marinara Sauce 44 Celery w/ Ranch 3/15 Fruit 7-33 Fat Free or 1% Milk 13-20	28 CAL Taco~ w/ Corn + Edamame + Scoops^{WG} 19 Salsa 5 Fruit 7-33 Fat Free or 1% Milk 13-20	29 CAL Stuffed Crust Pizza^{^WG} 31 Tossed Salad w/ Ranch 4/15 Fruit 7-33 Fat Free or 1% Milk 13-20

