

# SEPTEMBER 2021 HEADSTART/PRE-K CARBS

MONDAY 9/6/21		TUESDAY 9/7/21		WEDNESDAY 9/8/21		THURSDAY 9/9/21		FRIDAY 9/10/21	
<b>BREAKFAST</b>									
HOLIDAY		NO SCHOOL		Turkey Ham <sup>+</sup> + Cheese on Hawaiian Bun <sup>WGIW</sup> <b>27</b>		Beef + Cheese Mini Bagel <sup>IWWG-</sup> <b>27</b>		Cinnamon Roll <sup>WGIW</sup> <b>38</b>	
				Apple Juice 16		Orange Juice 13		Apple Juice 16	
				Fruit 7-33		Fruit 7-33		Fruit 7-33	
				Milk 13-20		Milk 13-20		Milk 13-20	
<b>LUNCH</b>									
HOLIDAY		NO SCHOOL		Hot Dog <sup>+</sup> on Bun <sup>WG</sup> w/ Corn <b>44</b>		Chicken Drumstick <sup>+WG</sup> w/ Seasoned Potatoes + Roll <sup>WG</sup> <b>30/15</b>		Personal Pizza <sup>WG</sup> <b>31</b>	
				Fruit 7-33		Fruit 7-33		Tossed Salad w/ Ranch 4/15	
				Milk 13-20		Milk 13-20		Fruit 7-33	
								Milk 13-20	
9/13/21		9/14/21		9/15/21		9/16/21		9/17/21	
Hamburger on Bun <sup>-WG</sup> w/ Crinkle Cut Potatoes <b>44</b>		Pancakes <sup>WG</sup> + Yogurt + Cheese Stick <b>43/15</b>		Cheese Crunchers <sup>WG</sup> w/ Marinara Sauce <b>55</b>		NO SCHOOL		Stuffed Crust Pizza <sup>WG</sup> <b>36</b>	
Fruit 7-33		Grape Tomatoes w/ Ranch 3/15		Fruit 7-33				Celery w/ Ranch 3/15	
Milk 13-20		Fruit 7-33		Milk 13-20				Fruit 7-33	
		Milk 13-20						Milk 13-20	

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.

# SEPTEMBER 2021 HEADSTART/PRE-K CARBS

MONDAY 9/20/21		TUESDAY 9/21/21		WEDNESDAY 9/22/21		THURSDAY 9/23/21		FRIDAY 9/24/21	
CAL		CAL		BREAKFAST		CAL		CAL	
<b>Maple Beef Sausage~ Pancake Sandwich<sup>^WGIW</sup></b>	<b>16</b>	<b>Yogurt + Oatmeal Bar<sup>^WGIW</sup></b>	<b>16/23</b>	<b>Turkey Ham<sup>+</sup> + Cheese on Hawaiian Bun<sup>WGIW</sup></b>	<b>27</b>	<b>Beef + Cheese Mini Bagel<sup>WWG~</sup></b>	<b>27</b>	<b>Cinnamon Roll<sup>^WGIW</sup></b>	<b>38</b>
Apple Juice	60	Orange Juice	60	Apple Juice	16	Orange Juice	13	Apple Juice	16
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
<b>LUNCH</b>									
<b>Chicken Bites<sup>+WG</sup> w/ Mac + Cheese + Roll<sup>WG</sup></b>	<b>33/15</b>	<b>Cheesesteak Potato Bowl~ w/ Seasoned Potatoes + Roll<sup>WG</sup></b>	<b>31/15</b>	<b>Hot Dog<sup>+</sup> on Bun<sup>WG</sup> w/ Rancho Beans</b>	<b>30/27</b>	<b>Mini Chicken Soft Tacos<sup>+WG</sup> w/ Corn</b>	<b>23/26</b>	<b>Personal Pizza<sup>^WG</sup></b>	<b>31</b>
Tossed Salad w/ Ranch	4/15	Fruit	7-33	Fruit	7-33	Fruit	7-33	Tossed Salad w/ Ranch	4/15
Fruit	7-33	Milk	13-20	Milk	13-20	Milk	13-20	Fruit	7-33
Milk	13-20							Milk	13-20
<b>9/27/21</b>		<b>9/28/21</b>		<b>9/29/21</b>		<b>9/30/21</b>		<b>10/1/21</b>	
<b>Hamburger on Bun<sup>-WG</sup> w/ Crinkle Cut Potatoes</b>	<b>44</b>	<b>Pancakes<sup>^WG</sup> + Yogurt + Cheese Stick</b>	<b>35/15</b>	<b>Cheese Crunchers<sup>^WG</sup> w/ Marinara Sauce</b>	<b>55</b>	<b>Taco~ w/ Corn + Edamame Scoops<sup>WG</sup></b>	<b>24</b>	<b>Stuffed Crust Pizza<sup>^WG</sup></b>	<b>36</b>
Fruit	7-33	Grape Tomatoes w/ Ranch	3/15	Fruit	7-33	Fruit	7-33	Tossed Salad w/ Ranch	4/15
Milk	13-20	Fruit	7-33	Milk	13-20	Milk	13-20	Fruit	7-33
		Milk	13-20					Milk	13-20

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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.

Menu Key: ~ Beef Cal Calories <sup>W</sup> Individually Wrapped <sup>^</sup> Meatless <sup>P</sup> Peanuts <sup>\*</sup> Pork <sup>+</sup> Poultry <sup>v</sup> Vegan <sup>WG</sup> = Whole Grain

Menu subject to change due to product supply.

This institution is an equal opportunity provider.