

# NOVEMBER 2021 ELEMENTARY CARBS

DIVISION OF FOOD & NUTRITION SERVICES

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

BREAKFAST		CARBOHYDRATES					
<b>M</b>	Maple Beef Sausage Pancake Sandwich <sup>-WGIW</sup>	16	<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>	15/23					
<b>W</b>	Turkey Ham* + Cheese on Hawaiian Bun <sup>WG</sup>	27					
<b>TH</b>	Beef Sausage Bagel <sup>-WGIW</sup>	27					
<b>F</b>	Cinnamon Roll <sup>^WGIW</sup>	38					
<b>SERVED DAILY</b>							
Assorted Fruit/Fruit Juice		7-23					
Fat Free or 1% Milk		13-20					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<b>Menu Key:</b> ~Beef   Carb = Carbohydrates   ^Meatless   pPeanuts   +Poultry   *Pork   🌶️ Spicy   ^Vegan   WG = Whole Grain							
LUNCH							
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>			
Chicken Bites <sup>+WG</sup> w/ Mac + Cheese + Roll <sup>WG</sup> <b>33/15</b> OR Teriyaki Meatballs <sup>~</sup> w/ Veggie Rice <sup>WG</sup> + Roll <sup>WG</sup> <b>50</b> Baby Carrots w/ Ranch      8/15 Grape Tomatoes w/ Ranch      3/15 Fruit      7-23 Fat Free or 1% Milk      13-20	French Toast Sticks <sup>WG</sup> w/ Sausage* <b>26</b> OR Yogurt <sup>^</sup> w/ Granola <sup>WG</sup> + Strawberry Cup <b>38/47/22</b> Roasted Chickpeas      24 Broccoli w/ Ranch      3/15 Fruit      7-23 Fat Free or 1% Milk      13-20	Hot Dog <sup>+</sup> on Bun <sup>WG</sup> w/ Corn <b>44</b> OR Veggie Burger <sup>v</sup> on Bun <sup>WG</sup> w/ Crinkle Cut Potatoes <b>52</b> Crinkle Cut Potatoes      15 Spinach Craisin Salad      28/25 Fruit      7-23 Fat Free or 1% Milk      13-20	NO SCHOOL	Personal Pizza <sup>WG</sup> w/ Cheese or Pepperoni <sup>~+</sup> <b>31</b> OR Spicy Chicken Patty <sup>+WG</sup> 🌶️ on Bun <sup>WG</sup> <b>9</b> Celery w/ Ranch      3/15 Assorted Vegetables w/ Ranch      5/15 Fruit      7-23 Fat Free or 1% Milk      13-20			
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>			
Hamburger <sup>~</sup> on Bun <sup>WG</sup> w/ Crinkle Cut Potatoes <b>16</b> OR Chicken Drumstick <sup>+WG</sup> w/ Seasoned Potatoes + Roll <sup>WG</sup> <b>30/15</b> Crinkle Cut Potatoes      15 Baby Carrots w/ Ranch      8/15 Fruit      7-23 Fat Free or 1% Milk      13-20	Pancakes <sup>WG</sup> w/ Yogurt + Cheesestick <sup>^</sup> <b>51</b> OR Pulled Turkey BBQ <sup>+</sup> w/ Cornbread Bowl <sup>WG</sup> <b>45</b> Grape Tomatoes w/ Ranch      3/15 Roasted Chickpeas      24 Fruit      7-23 Fat Free or 1% Milk      13-20	Chicken Patty <sup>+WG</sup> on Bun <sup>WG</sup> <b>9</b> OR Grilled Cheese Sandwich <sup>^WG</sup> w/ Baked Fries <b>44</b> Tossed Salad w/ Ranch      4/15 Fruit      7-23 Fat Free or 1% Milk      13-20	Taco <sup>~</sup> w/ Corn + Edamame + Scoops <sup>WG</sup> <b>19</b> OR Chik'n Nuggets <sup>v</sup> w/ Corn + Roll <sup>WG</sup> <b>31/15</b> Salsa      5 Tossed Salad w/ Ranch      4/15 Fruit      7-23 Fat Free or 1% Milk      13-20	Stuffed Crust Pizza <sup>WG</sup> Cheese <sup>^</sup> or Pepperoni <sup>~+</sup> <b>31</b> OR Potato Crisp Fish on Bun <sup>^WG</sup> <b>41</b> Celery + Assorted Vegetables w/ Ranch      5/15 Fruit      7-23 Fat Free or 1% Milk      13-20			

# NOVEMBER 2021 ELEMENTARY CARBS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>15</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>r</sup> on Bun<sup>WG</sup></b> <b>w/ Crinkle Cut Potatoes 52</b> Baby Carrots w/ Ranch 8/15 Fruit 7-23 Fat Free or 1% Milk 13-20	<b>16</b> CARB <b>French Toast Sticks<sup>WG</sup></b> <b>w/ Sausage<sup>*</sup> 26</b> <b>OR</b> <b>Cheesy Pull Aparts<sup>^WG</sup></b> <b>w/ Marinara Cup 32/7</b> Grape Tomatoes w/ Ranch 3/15 Roasted Chickpeas 24 Fruit 7-23 Fat Free or 1% Milk 13-20	<b>17</b> CARB <b>Chicken Nuggets<sup>+WG</sup> w/ Corn 26</b> <b>OR</b> <b>Yogurt<sup>^</sup> w/ Granola<sup>WG</sup> + Strawberry Cup 38/47/22</b> Tossed Salad w/ Ranch 4/15 Fruit 7-23 Fat Free or 1% Milk 13-20	<b>18</b> <b>THANKSGIVING MEAL</b> CARB <b>Roast Turkey + Gravy</b> <b>w/ Mashed Potatoes + Stuffing<sup>WG</sup> + Roll<sup>WG</sup> 33/15</b> Cranberry Sauce 12 Tossed Salad w/ Ranch 4/15 Sorbet 21 Fruit 7-23 Fat Free or 1% Milk 13-20	<b>19</b> CARB <b>Personal Pizza<sup>WG</sup> w/ Cheese or Pepperoni<sup>++</sup> 31</b> <b>OR</b> <b>Spicy Chicken Patty<sup>r</sup> on Bun<sup>WG</sup> 9</b> Cucumber Slices + Assorted Vegetables w/ Ranch 5/15 Fruit 7-23 Fat Free or 1% Milk 13-20
<b>22</b> CARB <b>Hamburger<sup>~</sup> 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> Crinkle Cut Potatoes 15 Grape Tomatoes w/ Ranch 3/15 Fruit 7-23 Fat Free or 1% Milk 13-20	<b>23</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 + Cheesestick<sup>^</sup> 51</b> Celery w/ Ranch 3/15 Roasted Chickpeas 24 Fruit 7-23 Fat Free or 1% Milk 13-20	<b>24</b> CARB <b>Stuffed Crust Pizza<sup>WG</sup> Cheese<sup>^</sup> or Pepperoni<sup>++</sup> 31</b> <b>OR</b> <b>Pulled Turkey BBQ<sup>+</sup> w/ Cornbread Bowl<sup>WG</sup> 45</b> Baby Carrots + Assorted Vegetables w/ Ranch 5-8/15 Fruit 7-23 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 Spinach + Roll<sup>WG</sup> 24/15</b> <b>OR</b> <b>Teriyaki Meatballs<sup>~</sup> w/ Veggie Rice<sup>WG</sup> + Roll<sup>WG</sup> 50/15</b> Baby Carrots w/ Ranch 8/15 Broccoli w/ Ranch 3/15 Fruit 7-23 Fat Free or 1% Milk 80-120	<b>30</b> CARB <b>French Toast Sticks<sup>WG</sup></b> <b>w/ Sausage<sup>*</sup> 26</b> <b>OR</b> <b>Cheesy Pull Aparts<sup>^WG</sup></b> <b>w/ Marinara Cup 32/7</b> Grape Tomatoes w/ Ranch 3/15 Roasted Chickpeas 24 Fruit 7-23 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](https://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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