

# ELEMENTARY MENU

# JANUARY 2022

## BREAKFAST ITEMS OFFERED EVERY DAY

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB			
Maple Beef Sausage			Yogurt&OatmealBar	80/140	15/23	Turkey Ham Cheese			Beef&Cheese Mini Bagel	235	27	Cinnamon Roll	232	38
Pancake Sandwich	143	16	OrangeJuice	60	13	on Hawaiian Bun	186	27	OrangeJuice	60	13	Apple Juice	60	16
AppleJuice	60	16				AppleJuice	60	16						

## LUNCH

FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL: FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
<p><b>SNOW DAY</b> <b>NO SCHOOL</b></p>	<p><b>SNOW DAY</b> <b>NO SCHOOL</b></p>	<p>Chicken Nuggets w/Roll and Corn &amp; Green Beans 379 42 <b>OR</b> Teriyaki Meatballs~ w/Roll and Vegetable Rice 440 64 Crinkle Cut Potatoes 99 15 Tossed Salad w/Ranch 18/55 4/3</p>	<p>French Toast Sticks w/Scrambled Eggs &amp; Syrup 440 88 <b>OR</b> Cheesy Pull-Aparts w/Marinara Sauce 343 39 Tossed Salad w/Ranch 30/55 4/3</p>	<p><b>SNOW DAY</b> <b>NO SCHOOL</b></p>
<p>Pizza, Cheese or Pepperoni+ 320/365 31 <b>OR</b> Veggie Burger<sup>v</sup> w/ Crinkle Cut Potatoes 379 52 Crinkle Cut Potatoes 99 15 Baby Carrots w/Ranch 30/55 8/3</p>	<p>Hot Dog+ on Bun w/Baked Fries 380 45 <b>OR</b> Chicken Drumstick w/Roll and Seasoned Potatoes 400 30/15 Butternut Squash Soup<sup>v</sup> 24 36 Roasted Chickpeas 160 24</p>	<p>Cheese Crunchers w/Marinara Sauce 487 55 <b>OR</b> Chicken Sandwich 394 37 Tossed Salad w/Ranch 30/55 4/3</p>	<p>Taco~ w/Corn &amp; Edamame and Scoops 346 43 <b>OR</b> Chicken Coconut Curry w/Rice 261 32 Tossed Salad w/Ranch 30/55 4/3</p>	<p>Stuffed Crust Pizza, Cheese or Pepperoni+ 320/330 31 <b>OR</b> Potato Crisp Fish on Bun 360 41 Fresh Veggies w/Ranch 30/55 5/3</p>
<p><b>HOLIDAY</b></p>	<p>French Toast Sticks w/Scrambled Eggs &amp; Syrup 440 88 <b>OR</b> Cheesy Pull-Aparts w/Marinara Sauce 343 39 Roasted Chickpeas 160 24 Celery Sticks w/Ranch 3/55 3</p>	<p>Chicken Nuggets w/Corn &amp; Roll 388 44 <b>OR</b> Turkey &amp; Gravy w/Roll and Mashed Potatoes 273 34 Crinkle Cut Potatoes 99 15 Grape Tomatoes w/Ranch 18/55 3/3</p>	<p><b>SNOW DAY</b> <b>NO SCHOOL</b></p>	<p>Hot Dog+ on Bun w/Baked Fries 380 45 <b>OR</b> Spicy Chicken Sandwich 394 39 Fresh Veggies w/Ranch 30/55 5/3</p>

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>v</sup>Vegan

**LUNCH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>24</b> CAL CARB</p> <p><b>NO SCHOOL</b></p>	<p><b>25</b> CAL CARB</p> <p>Turkey &amp; Gravy w/Roll and Red Potatoes 273 34                      Crinkle Cut Potatoes 99 15                      Baby Carrots w/Ranch 30/55 5/3</p>	<p><b>26</b> CAL CARB</p> <p>Belgian Waffle w/Syrup and Yogurt 370 80                      Roasted Chickpeas 160 24                      Celery Sticks w/Ranch 3/55 3</p>	<p><b>27</b> CAL CARB</p> <p>Taco~ w/Corn &amp; Edamame and Scoops 346 43                      Crinkle Cut Potatoes 99 15                      Baby Carrots w/ Ranch 30/55 5/3</p>	<p><b>28</b> CAL CARB</p> <p>Stuffed Crust Pizza, Cheese or Pepperoni+ 320/330 31                      Fresh Veggies w/Ranch 30/55 5/3</p>
<p><b>31</b> CAL CARB</p> <p>Turkey BBQ on Bun w/Corn 367 55                      Baby Carrots w/Ranch 35/55 8/3</p>	<p><b>1</b> CAL CARB</p> <p><b>NO SCHOOL</b></p>	<p><b>2</b> CAL CARB</p> <p>Hamburger~ on Bun w/Baked Fries 429 46                      Roasted Chickpeas 160 24                      Veggie Juice 40 10</p>	<p><b>3</b> CAL CARB</p> <p>Chicken Nuggets w/ Mac &amp; Cheese &amp; Roll 546 50                      Tossed Salad w/Ranch 30/55 5/3</p>	<p><b>4</b> CAL CARB</p> <p>Personal Pizza, Cheese or Pepperoni+ 320/365 31                      Fresh Veggies w/Ranch 30/55 5/3</p>

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry ^Vegan

**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.

**DAILY ALTERNATIVES/NUTRITION INFORMATION**

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.

