

ELEMENTARY MENU

JANUARY 2022

BREAKFAST ITEMS OFFERED EVERY DAY

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
Maple Beef Sausage			Yogurt&Oatmeal Bar	80/140	15/23	Turkey Ham Cheese			Beef&Cheese Mini Bagel	235	27
Pancake Sandwich	143	16	Orange Juice	60	13	on Hawaiian Bun	186	27	Orange Juice	60	13
Apple Juice	60	16				Apple Juice	60	16	Cinnamon Roll	232	38
									Apple Juice	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
3 CAL CARB SNOW DAY NO SCHOOL	4 CAL CARB SNOW DAY NO SCHOOL	5 CAL CARB Chicken Nuggets w/Roll and Corn & Green Beans 379 42 OR Teriyaki Meatballs~ w/Roll and Vegetable Rice 440 64 Crinkle Cut Potatoes 99 15 Tossed Salad w/Ranch 18/55 4/3	6 CAL CARB French Toast Sticks w/Scrambled Eggs & Syrup 440 88 OR Cheesy Pull-Aparts w/Marinara Sauce 343 39 Tossed Salad w/Ranch 30/55 4/3	7 CAL CARB SNOW DAY NO SCHOOL
10 CAL CARB Pizza, Cheese or Pepperoni+ 320/365 31 OR Veggie Burger ^v w/ Crinkle Cut Potatoes 379 52 Crinkle Cut Potatoes 99 15 Baby Carrots w/Ranch 30/55 8/3	11 CAL CARB Hot Dog+ on Bun w/Baked Fries 380 5 OR Chicken Drumstick w/Roll and Seasoned Potatoes 400 30/15 Butternut Squash Soup ^v 24 36 Roasted Chickpeas 160 24	12 CAL CARB Cheese Crunchers w/Marinara Sauce 487 55 OR Chicken Sandwich 394 37 Tossed Salad w/Ranch 30/55 4/3	13 CAL CARB Taco~ w/Corn & Edamame and Scoops 346 43 OR Chicken Coconut Curry w/Rice 261 32 Tossed Salad w/Ranch 30/55 4/3	14 CAL CARB Stuffed Crust Pizza, Cheese or Pepperoni+ 320/330 31 OR Potato Crisp Fish on Bun 360 41 Fresh Veggies w/Ranch 30/55 5/3
17 CAL CARB HOLIDAY	18 CAL CARB French Toast Sticks w/Scrambled Eggs & Syrup 440 88 OR Cheesy Pull-Aparts w/Marinara Sauce 343 39 Roasted Chickpeas 160 24 Celery Sticks w/Ranch 3/55 3	19 CAL CARB Chicken Nuggets w/Corn & Roll 388 44 OR Turkey & Gravy w/Roll and Mashed Potatoes 273 34 Crinkle Cut Potatoes 99 15 Grape Tomatoes w/Ranch 18/55 3/3	20 CAL CARB Hot Dog+ on Bun w/Baked Fries 380 5 OR Yogurt w/Strawberries & Granola 440 105 Tossed Salad w/Ranch 30/55 4/3	21 CAL CARB Personal Pizza, Cheese or Pepperoni+ 320/365 31 OR Spicy Chicken Sandwich 394 39 Fresh Veggies w/Ranch 30/55 5/3

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

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>24 CAL CARB</p> <p>NO SCHOOL</p>	<p>25 CAL CARB</p> <p>Grilled Cheese Sandwich w/Baked Fries 394 44</p> <p>OR</p> <p>Chicken Sandwich 394 37</p> <p>Crinkle Cut Potatoes 99 15</p> <p>Baby Carrots w/Ranch 30/55 5/3</p>	<p>26 CAL CARB</p> <p>Spaghetti & Meatballs~ w/Roll 495 80</p> <p>OR</p> <p>Pancakes w/Syrup and Yogurt & Cheese Stick 370 51</p> <p>Roasted Chickpeas 160 24</p> <p>Celery Sticks w/Ranch 3/55 3</p>	<p>27 CAL CARB</p> <p>Taco~ w/Corn & Edamame and Scoops 346 43</p> <p>OR</p> <p>Chik'n Nuggets^v w/Corn & Roll 400 38</p> <p>Crinkle Cut Potatoes 99 15</p> <p>Baby Carrots w/ Ranch 30/55 5/3</p>	<p>28 CAL CARB</p> <p>Stuffed Crust Pizza, Cheese or Pepperoni+ 320/330 31</p> <p>OR</p> <p>Potato Crisp Fish on Bun 360 41</p> <p>Fresh Veggies w/Ranch 30/55 5/3</p>
<p>31 CAL CARB</p> <p>Hot Dog+ on Bun w/Baked Fries 380 45</p> <p>OR</p> <p>Veggie Burger^v w/ Crinkle Cut Potatoes 379 52</p> <p>Crinkle Cut Potatoes 99 15</p> <p>Baby Carrots w/Ranch 30/55 8/3</p>	<p>1 CAL CARB</p> <p>French Toast Sticks w/Scrambled Eggs & Syrup 440 88</p> <p>OR</p> <p>Cheesy Pull-Aparts w/Marinara Sauce 343 39</p> <p>Roasted Chickpeas 160 24</p> <p>Celery Sticks w/Ranch 3/55 3</p>	<p>2 CAL CARB</p> <p>Creamy Chicken Alfredo w/ Green Beans Carrots & Roll 370 42</p> <p>OR</p> <p>Teriyaki Meatballs~ w/Roll and Vegetable Rice 440 64</p> <p>Cheesy Corn Chowder 176 26</p> <p>Veggie Juice 40 10</p>	<p>3 CAL CARB</p> <p>Chicken Nuggets w/Blueberry Bread 453 43</p> <p>OR</p> <p>Yogurt w/Strawberries & Granola 440 105</p> <p>Tossed Salad w/Ranch 30/55 4/3</p>	<p>4 CAL CARB</p> <p>Personal Pizza, Cheese or Pepperoni+ 320/365 31</p> <p>OR</p> <p>Spicy Chicken Sandwich 394 39</p> <p>Fresh Veggies w/Ranch 30/55 5/3</p>

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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/

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.

