

# PRE-K AND HEAD START 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 onHawaiianBun	186	27	Beef&CheeseMiniBagel	235	27	Cinnamon Roll	232	38
Pancake Sandwich	143	16	OrangeJuice	60	13	AppleJuice	60	16	OrangeJuice	60	13	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
<b>3</b> CAL CARB <b>SNOW DAY NO SCHOOL</b>	<b>4</b> CAL CARB <b>SNOW DAY NO SCHOOL</b>	<b>5</b> CAL CARB Chicken Nuggets w/Roll and Corn & Green Beans 379 42	<b>6</b> CAL CARB Cheesy Pull-Aparts w/Marinara Sauce 343 39	<b>7</b> CAL CARB <b>SNOW DAY NO SCHOOL</b>
<b>10</b> CAL CARB Personal Pizza, Cheese 320 31 Fresh Veggies w/Ranch 30/55 5/3	<b>11</b> CAL CARB Chicken Drumstick w/Roll and Seasoned Potatoes 400 30/15	<b>12</b> CAL CARB Cheese Crunchers w/Marinara Sauce 487 55	<b>13</b> CAL CARB Taco w/Corn & Edamame and Scoops 346 43	<b>14</b> CAL CARB Stuffed Crust Pizza, Cheese 320 31 Fresh Veggies w/Ranch 30/55 5/3
<b>17</b> CAL CARB <b>HOLIDAY</b>	<b>18</b> CAL CARB French Toast Sticks w/Scrambled Eggs & Syrup 440 88 Baby Carrots w/Ranch 30/55 8/3	<b>19</b> CAL CARB Chicken Nuggets w/Corn & Roll 388 44	<b>20</b> CAL CARB Hot Dog+ on Bun w/Baked Fries 380 5	<b>21</b> CAL CARB Personal Pizza, Cheese 320 31 Fresh Veggies w/Ranch 30/55 5/3
<b>24</b> CAL CARB <b>NO SCHOOL</b>	<b>25</b> CAL CARB Grilled Cheese Sandwich w/Breakfast Potatoes 394 44	<b>26</b> CAL CARB Spaghetti & Meatballs w/Roll 495 80	<b>27</b> CAL CARB Taco w/Corn & Edamame and Scoops 346 43	<b>28</b> CAL CARB Stuffed Crust Pizza, Cheese 320/330 31 Fresh Veggies w/Ranch 30/55 5/3
<b>31</b> CAL CARB Hot Dog+ on Bun w/Baked Fries 380 45	<b>1</b> CAL CARB Cheesy Pull-Aparts w/Marinara Sauce 343 39	<b>2</b> CAL CARB Creamy Chicken Alfredo w/ Green Beans Carrots & Roll 370 42	<b>3</b> CAL CARB Chicken Nuggets w/Blueberry Bread 453 43 Tossed Salad w/Ranch 30/55 4/3	<b>4</b> CAL CARB Personal Pizza, Cheese 320/365 31 Fresh Veggies w/Ranch 30/55 5/3

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.

