



CAFE MENU

Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

10.12.20

BREAKFAST

Cinnamon Roll^{^WG} 232 cal/38 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Pizza^{^WG} 310 cal/27 carb

Celery Sticks w/ Peanut Butter Cup^p 3/200 cal/5/7 carb

Applesauce Cup 50 cal/15 carb ▪ **Milk** 90-120 cal/13-20 carb

Alternates (Vegetarian/Vegan): Peanut Butter Cups^{pd}, Bagel^{wg}, Veggie Juice, Craisins, Carrots and Milk

*Menu subject to change due to product supply.

This institution is an equal opportunity provider.

Food Allergy Awareness: Some of our food products may have come in contact with or contain dairy, eggs, fish, peanuts, shellfish, soy, tree nuts and wheat. Please check our website for nutrients and allergen information.

Menu Key:

⁻ Beef cal Calories ^{iw} Individually Wrapped [^] Meatless

^p Peanuts * Pork ⁺ Poultry ^v Vegan ^{wg} Whole Grain



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10.13.20

BREAKFAST

Rice Krispies^{^WG} 100 cal/23 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Thai Sweet Chili Chicken⁺ w/ Veggie Rice^{WG} 301 cal/45 carb

Baby Carrots 35 cal/8 carb

Fresh Fruit 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

Alternates (Vegetarian/Vegan): Peanut Butter Cups^{VD}, Bagel^{WG}, Veggie Juice, Craisins, Carrots and Milk

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10.14.20

BREAKFAST

Bagel^{WG} w/ Cream Cheese[^] 130-70 cal/25/2 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

Alternates (Vegetarian/Vegan): Peanut Butter Cups^{PD}, Bagel^{WG}, Veggie Juice, Craisins, Carrots and Milk

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LUNCH

Taco~ w/ Corn + Mini Flatbreads^{WG} 169/160 cal/23/26 carb

Dried Fruit Mix 120 cal/30 carb ▪ **Milk** 90-120 cal/13-20 carb

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10.15.20



BREAKFAST

Egg + Cheese Wrap^{^WG} 180 cal/14 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

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LUNCH

Chicken Drumstick^{+WG}
w/ Seasoned Potatoes + Roll^{WG} 330/70 cal/30/26 carb

Mixed Berry Cup 90 cal/20 carb ▪ **Milk** 90-120 cal/13-20 carb



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10.16.20

BREAKFAST

Pancakes^{^WG} 210-220 cal/25/2 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Turkey⁺ + Cheese Sandwich^{IWWG} 236-270 cal/27-30 carb

Cucumber Slices w/ Ranch 8/55 cal/2/13 carb

Fresh Fruit 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

Alternates (Vegetarian/Vegan): Peanut Butter Cups^{VD}, Bagel^{WG}, Veggie Juice, Craisins, Carrots and Milk

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10.17.20

BREAKFAST

Cinnamon Chex^{^WG} 230 cal/45 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Yogurt[^] + Cocoa Cherry Bar^{WG} 180/200 cal/38/33 carb

Roasted Chickpeas 160 cal/24 carb

Craisins 110 cal/27 carb ▪ **Milk** 90-120 cal/13-20 carb

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10.18.20

BREAKFAST

Cereal Bar^{^WG} 140 cal/24 carb

Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Cheese Cavatappi^{^WG} 428 cal/36 carb

Marinara Cup 40 cal/7 carb

Peaches 53 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

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