



Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

CAFE MENU

9.14.20

BREAKFAST

Raspberry Bar^{^WG} 231 cal/35 carb ▪ **Applesauce Cup** 50 cal/15 carb

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

LUNCH

Turkey Ham⁺ + Cheese Sandwich^{IWWG} 236-270 cal/29 carb

Baby Carrots 35 cal/8 carb ▪ **Roasted Chickpeas** 160 cal/24 carb

Fruit Punch 60 cal/14 carb ▪ **Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

Alternates (Vegetarian/Vegan): Peanut Butter Cups^{VP}, WG Bagel, 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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CAFE MENU

9.15.20

BREAKFAST

Hard Cooked Eggs[^] w/ Rice Krispies^{WG} 140/100 cal/1/23 carb

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

LUNCH

Cheese Crunchers^{^WG} w/ Broccoli 440 cal/45 carb

Marinara Cup 40 cal/7 carb ▪ **Fruit Punch** 60 cal/14 carb

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

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

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CAFE MENU

9.16.20

BREAKFAST

Breakfast or Cereal Bar^{^WG} 140-231 cal/24-35 carb ▪ **Dried Fruit Mix** 120 cal/30 carb
Orange Juice 60 cal/13 carb ▪ **Milk** 90-120 cal/13-20 carb

LUNCH

Veggie Burger^v Croissant^{WG} w/ Crinkle Cut Potatoes 429 cal/50 carb
Grape Tomatoes w/ Ranch 18/55 cal/4/13 carb
Fruit Punch 60 cal/14 carb ▪ **Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

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

9.17.20

BREAKFAST

Pancakes^{^WG} 210-220 cal/25/2 carb ▪ **Strawberry Cup** 90 cal/22 carb

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

LUNCH

Spicy Chicken Bites^{+WG} w/ Cheesy Spinach + Breadstick^{WG} 338/100 cal/19/13 carb

Garden Salad w/ Ranch 23/55 cal/5/13 carb

Fruit Punch 60 cal/14 carb ▪ **Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

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

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CAFE MENU

9.18.20

BREAKFAST

Cinnamon Roll^{^WG} 232 cal/38 carb ▪ **Peaches** 53 cal/13 carb

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

LUNCH

Pizza^{^WG} 310 cal/27 carb ▪ **Garden Salad w/ Ranch** 23/55 cal/5/13 carb

Fruit Punch 60 cal/14 carb ▪ **Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

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

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CAFE MENU

9.19.20

BREAKFAST

Sausage~ + Cheese Mini Bagel^{WG} 235 cal/26 carb ▪ **Applesauce Cup** 50 cal/15 carb

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

LUNCH

Turkey⁺ + Cheese Sandwich^{IWWG} 236-270 cal/29 carb

Assorted Vegetables w/ Ranch 12/55 cal/3/13 carb

Fruit Sorbet 77 cal/21 carb ▪ **Veggie Juice** 40 cal/10 carb

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

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

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CAFE MENU

9.20.20

BREAKFAST

Bagel^{WG} w/ Cream Cheese[^] 130-70 cal/25/2 carb ▪ **Mixed Fruit** 68 cal/18 carb

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

LUNCH

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

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

Baby Carrots 35 cal/8 carb ▪ **Craisins** 110 cal/27 carb ▪ **Milk** 90-120 cal/13-20 carb

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

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