



Maryland's Largest School District

MONTGOMERY COUNTY PUBLIC SCHOOLS

MOBILE 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^o, 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 † Vegan WG Whole Grain



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MOBILE 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

Mesquite Chicken⁺ + Cheese Croissant^{WG} 278 cal/29 carb

Celery Sticks w/ Peanut Butter Cup^P 3/200 cal/5/7 carb ▪ **Baby Carrots** 35 cal/8 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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MOBILE MENU

9.16.20

BREAKFAST

Bagel^{WG} w/ Cream Cheese[^] 130-70 cal/25/2 carb ▪ **Dried Fruit Mix** 120 cal/30 carb

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

LUNCH

Cheddar Cheese Cup[^] + Cheese Stick[^] + Scoops^{WG} 200/160 cal/9/29 carb

Assorted Veggies w/ Ranch 18/55 cal/4/13 carb ▪ **Salsa Cup** 25 cal/5 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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MOBILE 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

Turkey⁺ + Cheese Sandwich^{IWWG} 310-349 cal/27-31 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[Ⓟ], WG Bagel, Veggie Juice, Craisins, Carrots and Milk

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MOBILE 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} 310-349 cal/27-31 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^{^p}, WG Bagel, Veggie Juice, Craisins, Carrots and Milk

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MOBILE 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

Hard Cooked Eggs Protein Pack[^] 295 cal/30 carb

Assorted Veggies w/ Ranch 18/55 cal/4/13 carb ▪ **Veggie Juice** 40 cal/10 carb

Fruit Sorbet 77 cal/21 carb ▪ **Fresh Fruit** 30-96 cal/7-26 carb ▪ **Milk** 90-120 cal/13-20 carb

Alternates (Vegetarian/Vegan): Peanut Butter Cups[®], WG Bagel, Veggie Juice, Craisins, Carrots and Milk

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MOBILE MENU

9.20.20

BREAKFAST

Turkey Ham⁺ + Cheese on Hawaiian Bun^{WG} 232 cal/27 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 carb

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

Fruit Punch 60 cal/14 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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