

# Summer Bagged Menu

# JULY/AUGUST 2022

## Weekly Breakfast Items

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB			
Cereal Bar	140	23	Belgian Waffle w/Syrup	260	67	Yogurt w/Grahams	210	35	Cereal	240	46	Cinnamon Rolls	230	38
Apple Juice	60	16	Orange Juice	60	13	Apples Juice	60	13	Orange Juice	60	13	Apple Juice	60	16

## LUNCH

A VARIETY OF MILK IS AVAILABLE AT EVERY MEAL: Calories 90-120 Carbs 13-20

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY																						
<b>JULY 4</b>			<b>JULY 5</b>			<b>JULY 6</b>			<b>JULY 7</b>			<b>JULY 8</b>																						
Holiday			PB&J Sandwich <sup>▼</sup> or Turkey & Cheese Sandwich Veggie Juice Applesauce Cup			Chicken Patty+ on Bun Baby Carrots Raisins			Turkey Ham+ & Cheese Sandwich Grape Tomatoes w/Ranch 100% Fruit Juice			Chicken Ham+ & Cheese Croissant Celery Sticks w/PB Fresh Fruit																						
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB																				
			631	64	270	30	60	15	60	15	342	36	30	5	127	33	270	30	30/5	8/3	60	15	340	33	184	7	60	15						
<b>JULY 11</b>			<b>JULY 12</b>			<b>JULY 13</b>			<b>JULY 14</b>			<b>JULY 15</b>																						
PB&J Sandwich <sup>▼</sup> or Turkey & Cheese Sandwich Baby Carrots Applesauce Cup			Nacho Kit Salsa Cup Peach Slices			Turkey Ham+ & Cheese Sandwich Grape Tomatoes w/Ranch Peach Slices			Turkey+ & Cheese Croissant Celery Sticks & Grape Tomatoes w/Ranch Raisins			Chicken Ham+ & Cheese Sandwich Broccoli Florets w/Ranch Fresh Fruit																						
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB																				
			631	64	270	30	30	5	60	15	520	33	25	5	53	13	270	30	30/5	8/3	53	13	340	33	340	33	270	30	30/5	8/3	60	15		
<b>JULY 18</b>			<b>JULY 19</b>			<b>JULY 20</b>			<b>JULY 21</b>			<b>JULY 22</b>																						
PB&J Sandwich <sup>▼</sup> or Turkey & Cheese Sandwich Veggie Juice Applesauce Cup			Chicken Patty+ on Bun Baby Carrots Raisins			Turkey Ham+ & Cheese Croissant Grape Tomatoes w/Ranch Fresh Fruit			Turkey+, Turkey Ham+ & Cheese Mini Sub Lettuce & Tomatoes 100% Fruit Juice			Chicken Ham+ & Cheese Croissant Celery Sticks w/PB Fresh Fruit																						
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB																				
			631	64	270	30	60	15	60	15	342	36	30	5	127	33	340	33	30/5	8/3	60	15	331	35	15	3	60	15	340	33	184	7	60	15
<b>JULY 25</b>			<b>JULY 26</b>			<b>JULY 27</b>			<b>JULY 28</b>			<b>JULY 29</b>																						
PB&J Sandwich <sup>▼</sup> or Turkey & Cheese Sandwich Baby Carrots Applesauce Cup			Nacho Kit Salsa Cup Peach Slices			Turkey Ham+ & Cheese Sandwich Grape Tomatoes w/Ranch Peach Slices			Turkey+ & Cheese Croissant Celery Sticks & Grape Tomatoes w/Ranch Raisins			Chicken Ham+ & Cheese Sandwich Broccoli Florets w/Ranch Fresh Fruit																						
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB																				
			631	64	270	30	30	5	60	15	520	33	25	5	53	13	270	30	30/5	8/3	53	13	340	33	340	33	270	30	30/5	8/3	60	15		
<b>AUGUST 1</b>			<b>AUGUST 2</b>			<b>AUGUST 3</b>			<b>AUGUST 4</b>			<b>AUGUST 5</b>																						
PB&J Sandwich <sup>▼</sup> or Turkey & Cheese Sandwich Veggie Juice			Chicken Patty+ on Bun Baby Carrots Raisins			Turkey Ham+ & Cheese Croissant Grape Tomatoes w/Ranch			Turkey+, Turkey Ham+ & Cheese Mini Sub Lettuce & Tomatoes			Chicken Ham+ & Cheese Croissant																						
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB																				
			305	28	280	36	60	15	342	36	346	43	346	43	15	3	305	28	280	36	60	15	342	36	346	43	15	3	320	31				

Menu subject to change depending on product supply.

This institution is an equal opportunity provider.

**MONTGOMERY COUNTY PUBLIC SCHOOLS**

**DIVISION OF FOOD & NUTRITION SERVICES**

AUGUST 8			AUGUST 9			AUGUST 10			AUGUST 11			AUGUST 12		
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
Applesauce Cup	60	15				Fresh Fruit	60	15	100% Fruit Juice	60	15	Celery Sticks w/PB	184	7
												Fresh Fruit	60	15
PB&J Sandwich <sup>✓</sup> or	631	64	Nacho Kit	520	33	Turkey Ham+ & Cheese Sandwich	270	30	Turkey+ & Cheese Croissant	340	33	Chicken Patty+ on Bun	342	36
Turkey & Cheese Sandwich	270	30	Salsa Cup	25	5	Grape Tomatoes w/Ranch	30/5	8/3	Celery Sticks & Raisins	127	33	Broccoli Florets w/Ranch	30/5	8/3
Baby Carrots	30	5	Peach Slices	53	13	Fresh Fruit	60	15	Grape Tomatoes w/Ranch	30/5	8/3	Fresh Fruit	60	15
Applesauce Cup	60	15												
AUGUST 15			AUGUST 16			AUGUST 17			AUGUST 18			AUGUST 19		
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
PB&J Sandwich <sup>✓</sup> or	305	28	Chicken Patty+ on Bun	342	36	Turkey Ham+ & Cheese Croissant	346	43	Turkey+, Turkey Ham+ & Cheese Mini Sub	346	43	Chicken Ham+ & Cheese Croissant	320	31
Turkey & Cheese Sandwich	280	36	Baby Carrots	30	5	Grape Tomatoes w/Ranch	30/5	8/3	Lettuce & Tomatoes	15	3	Celery Sticks w/PB	184	7
Veggie Juice	60	15	Raisins	127	33	Fresh Fruit	60	15	100% Fruit Juice	60	15	Fresh Fruit	60	15
Applesauce Cup	60	15												
AUGUST 22			AUGUST 23			AUGUST 24			AUGUST 25			AUGUST 26		
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
PB&J Sandwich <sup>✓</sup> or	631	64	Nacho Kit	520	33	Turkey Ham+ & Cheese Sandwich	270	30	Turkey+ & Cheese Croissant	340	33	Chicken Patty+ on Bun	342	36
Turkey & Cheese Sandwich	270	30	Salsa Cup	25	5	Grape Tomatoes w/Ranch	30/5	8/3	Celery Sticks & Raisins	127	33	Broccoli Florets w/Ranch	30/5	8/3
Baby Carrots	30	5	Peach Slices	53	13	Fresh Fruit	60	15	Grape Tomatoes w/Ranch	30/5	8/3	Fresh Fruit	60	15
Applesauce Cup	60	15												

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>✓</sup>Vegan