

MONTGOMERY COUNTY PUBLIC SCHOOLS

DIVISION OF FOOD & NUTRITION SERVICES

			Hummus			110 18								
AUGUST 1			AUGUST 2			AUGUST 3			AUGUST 4			AUGUST 5		
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
Mini Calzones or Turkey Ham+ & Cheese Sandwich	250	33	Rotini w/Meat Sauce~ & Green Beans or Chicken Patty+ on Bun	360	30	Hot Dog+ on Bun or Yogurt w/Granola	240	27	Taco~ w/Corn & Edamame & Scoops or Chicken Patty+ on Bun	294	42	Pizza or Turkey & Cheese Sandwich+	320	31
Marinara Cup	40	7	Roasted Chickpeas	160	24	Baked French Fries	99	15	Broccoli Florets	20	3	Assorted Fresh Vegetables	270	30
Baby Carrots	30	5	Veggie Juice	60	15	Celery Sticks	5	2	Salsa Cup	25	5	Hummus	30	5
						Hummus	110	18					110	18
AUGUST 8			AUGUST 9			AUGUST 10			AUGUST 11			AUGUST 12		
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
Pepperoni & Cheese Stuffed Sandwich+~ or Yogurt w/Granola	300	31	Chik" N Nuggets w/Corn & Scoops ^v or Turkey Ham+ & Cheese Sandwich	440	58	Hamburger~ on Bun or PB&J Sandwich ^v	305	28	Rotini w/Meat Sauce~ & Green Beans or Chicken Patty+ on Bun	360	30	Pizza or Turkey & Cheese Sandwich+	320	31
Marinara Cup	40	7	Baby Carrots	30	5	Baked French Fries	99	15	Broccoli Florets w/Ranch	20	3	Assorted Fresh Vegetables	270	30
Roasted Chickpeas	160	24	Hummus	110	18	Veggie Juice	60	15	Marinara Cup	40	7	Hummus	30	5
													110	18

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan