

PRE-K HEAD START SCHOOL MENU

APRIL 2024

BREAKFAST ITEMS OFFERED EVERYDAY

	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB			
Belgian Waffle w/ Syrup	200	35	Mini Pancakes w/ Syrup	200	35	Chicken Biscuit WG Sandwich	250	31	Turkey Ham+ & Cheese on a Hawaiian Bun	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	4	Orange Juice	35	9	Apple Juice	60	14	Orange Juice	35	9	Cheese Stick	59	1
												Apple Juice	60	14

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
04/01	04/02	04/03	04/04	04/05
HOLIDAY	Chicken Walking Taco w/ Corn	Chik'n Parmesan^ w/ Penne Pasta & Roll	Chicken WG Nuggets w/ Seasoned Potatoes	Cheese Pizza
	Walking Taco Corn Chips	Baby Carrots w/Ranch		Spinach Romaine and Craisin Salad w/ Spinach Dressing
04/08	04/09	04/10	04/11	04/12
Hamburger on Bun w/ Bk Fr Potatoes	Chicken Bites & Orange Sauce w/ WG Veg Rice	NO SCHOOL DAY	Crunchy Beef Taco~ w/ Corn & Edamame & Scoops	Cheese Pizza
	Celery Sticks w/ Ranch			Assorted Fresh Veggies w/ Ranch
04/15	04/16	04/17	04/18	04/19
Chicken Walking Taco w/ Corn	Chik'n WG Nuggets^ w/ Cheesy Spinach & Roll	BBQ Beef Sandwich~ w/ Corn & Green Beans	Chicken WG Nuggets w/ Blueberry Bread	Cheese Pizza
Walking Taco Corn Chips	Celery Sticks w/ Ranch		Spinach Romaine and Craisin Salad w/ Spinach Dressing	Assorted Fresh Veggies w/ Ranch
04/22	04/23	04/24	04/25	04/26
HOLIDAY	Hamburger on Bun w/ Bk Fr Potatoes	Chicken Bites & Orange Sauce w/ WG Veg Rice	Crunchy Beef Taco~ w/ Corn & Edamame & Scoops	Cheese Pizza
		Baby Carrots w/Ranch		Tossed Salad w/ Ranch
04/29	04/30	05/01	05/02	05/03
Turkey & Gravy w/ Sweet Potatoes, Corn & Green Beans	Veggie Burgerv on Bun w/ Crinkle Cut Potatoes	Chik'n Parmesan^ w/ Penne Pasta	Chicken WG Nuggets w/ Cheesy Spinach	Cheese Pizza
Dinner Roll		Spinach Romaine and Craisin Salad w/ Spinach Dressing	Baby Carrots w/Ranch	Assorted Fresh Veggies w/ Ranch Fruit Sorbet

Assorted fruit and milk are available at every meal.
 Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 13–20

Additional Vegan/Vegetarian options include peanut butter & jelly sandwich, grilled cheese sandwich, waffle & yogurt, hummus, and fruit and yogurt parfait. Please let your cafeteria manager know if you are interested in ordering any of these options.

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^Vegan WG = Whole Grain

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)
 • Dinner Roll: 80 / 15 Hamburger Bun: 140 / 27
 • Hot Dog Bun: 130 / 26 Scoops: 110 / 19
 • Walking Taco Corn Chips: 240/24



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services