

# ELEMENTARY SCHOOL MENU

# MARCH 2024

## BREAKFAST ITEMS OFFERED EVERYDAY

	CAL   CARB			CAL   CARB			CAL   CARB			CAL   CARB			CAL   CARB	
Belgian Waffle w/ Syrup Apple Juice	200 120 60	35 31 4	Mini Pancakes w/Syrup Orange Juice	210 120 35	35 3 9	Chicken Biscuit WG Sandwich Apple Juice	250 60	31 14	Turkey Ham+ & Cheese Breakfast Sandwich Orange Juice	270 35	30 9	Maryland Made Cinnamon Roll Apple Juice	232 60	38 14

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

03/01

Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Turkey & Cheese Croissant Sandwich	331	32
Assorted Fresh Veggies w/ Ranch	14/55	3/3

03/04

03/05

03/06

03/07

03/08

Hamburger on Bun~ w/ Bk Fr Potatoes <i>OR</i>	415 80	45 15	BBQ Pulled Chicken Sandwich w/Corn & Green Beans <i>OR</i>	359 180	58 36/62 15/1	Chik'n Nuggets <sup>v</sup> w/ Macaroni & Cheese & Roll <i>OR</i>	513 80	46 15	Crunchy Beef Taco w/ Green Beans & Edamame & Scoops <i>OR</i>	294 80	42 15	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Chicken WG Bites w/ Bk Fr Potatoes & Roll <i>OR</i>	326 80	30 15	Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick	210/240 180	36/62 15/1	Meatball Sub~ w/ Seasoned Potatoes	477	55	Grilled Cheese^ WG Sandwich	280	31	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Fruit & Yogurt^ Parfait w/ WG Granola Crinkle Cut Potatoes Baby Carrots w/Ranch	220 218 99 35/55	47 47 15 8/3	Celery Sticks w/ Ranch Roasted Chickpeas	4/55 180	1/3 27	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3

03/11

03/12

03/13

03/14

03/15

Teriyaki Beef Bites~ w/ WG Veg Rice & Roll <i>OR</i>	379 80	58 15	Turkey & Gravy w/ Sweet Potatoes, Green Beans & Corn & Roll <i>OR</i>	229 80	23 15	Cheese Lasagna w/ Marinara Sauce & Roll <i>OR</i>	295 80	47 15	Chicken WG Nuggets w/ Blueberry Bread <i>OR</i>	482 80	46 15	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Turkey Sausage & Cheese Egg Bites w/ Potatoes & Belgian WG Waffle <i>OR</i>	379 240	30 34	Protein Packed Pasta <sup>v</sup> w/ Roll	239 80	40 15	Veggie Burger <sup>v</sup> w/ Crinkle Cut Potatoes	379	50	Grilled Cheese^ WG Sandwich	280	31	3-Bean Chili w/ Corn WG Scoops	167 110	33 19
Yogurt & Granola Baby Carrots w/Ranch Crinkle Cut Potatoes	180/220 35/55 99	38/47 8/3 15	Grape Tomatoes w/ Ranch Celery Sticks w/ Ranch	18/55 4/55	4/3 1/3	Spinach, Romaine & Craisin Salad w/Dressing Hummus Cup	64 136 110	12 13 18	Spinach, Romaine & Craisin Salad w/Dressing Hummus Cup	64 136 110	12 13 18	Assorted Fresh Veggies w/ Ranch	14/55	3/3

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

# LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
03/18			03/19			03/20			03/21			03/22		
Cheese Crunchers^ w/ Marinara Sauce <b>OR</b>	485	54	Hamburger on Bun~ w/ Bk Fr Potatoes <b>OR</b>	415	45	Chik'n Nuggets^ w/ Cheesy Spinach & Roll <b>OR</b>	386	34	BBQ Beef Sandwich w/ Corn & Green Beans <b>OR</b>	375	44	Pizza, Cheese or Pepperoni+~ <b>OR</b>	320/330	31
Chicken Enchilada Empanada	300	36	Chicken WG Bites w/ Bk Fr Potatoes & Roll <b>OR</b>	356	38	Chicken Patty WG Sandwich	342	36	Pancakes & Syrup w/ Yogurt^ & Cheese^ Stick	210/240	36/62	Turkey Ham+ & Cheese Croissant Sandwich	348	32
Baby Carrots w/Ranch	35/55	8/3	Fruit & Yogurt^ Parfait w/ WG Granola	220	47	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Roasted Chickpeas	180	27	Crinkle Cut Potatoes	99	15									
			Baby Carrots w/Ranch	35/55	8/3									

## SPRING BREAK - March 25-29, 2024

04/01			04/02			04/03			04/04			04/05		
<b>HOLIDAY</b>	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips <b>OR</b>	206	23	French Toast Sticks w/ Sausage* & Syrup <b>OR</b>	462	22	Chicken WG Nuggets w/ Seasoned Potatoes & Roll <b>OR</b>	380	41	Pizza, Cheese or Pepperoni+~ <b>OR</b>	320/330	31		
	Veggie Burger^ w/ Crinkle Cut Potatoes	379	50	Chik'n Parmesan^ w/ Penne Pasta & Roll	413	59	Grilled Cheese^ WG Sandwich	280	31	Three Bean Chili w/Corn^ & Scoops	167	33		
	Crinkle Cut Potatoes	99	15	Grape Tomatoes w/ Ranch	80	15	Spinach, Romaine & Craisin Salad w/Dressing	64	12	Spinach, Romaine & Craisin Salad w/Dressing	64	12		
	Roasted Chickpeas	180	27	Baby Carrots w/Ranch	18/55	4/3	Hummus Cup	136	13	Hummus Cup	136	13		
	Salsa	45	8		35/55	8/3		110	18		110	18		
	Assorted fruit and milk are available at every meal.			Assorted fruit: Calories 20–127; Carbs 7–33			Milk: Calories 90–120; Carbs 12–20							

**Paid Meal Prices: Breakfast \$1.30 Lunch \$2.55**  
**All meals are free for students who qualify for Free or Reduced priced meals.**  
**Students eligible for reduced price meals will not be charged.**



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

**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.

**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

**MySchoolBucks.com** is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to **MySchoolBucks.com** to register.

### DAILY ALTERNATIVES/NUTRITION INFORMATION

Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. Please check with your school cafeteria manager for your options.

Please check the website for menu changes in the event of a change to the school schedule. Nutrition, allergen, and gluten free information is available on the web at [www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/](http://www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/)

Please note that the calculated calories of some main choices may include a whole grain item that has a calorie range of 70–180 calories.