

SUMMER CAFE MEALS MENU

2024

BREAKFAST

	Cal	Carb		Cal	Carb		Cal	Carb		Cal	Carb		Cal	Carb
Mini Strawberry Bagel	240	41	Yogurt 4 oz Granola	80	15	Turkey Ham & Cheese on Hawaiian Bun	186	27	Maryland Made Cinnamon Roll & Cheese Stick	242	38	Mini Pancakes w/ Syrup	210	35
Cheese Stick	59	1		220	47	Hawaiian Bun			Orange Juice	59	1	Yogurt 4 oz	120	31
Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14		35	9	Apple Juice	80	15
													60	14

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
				06/26		06/27		06/28						
				Chicken Enchilada	299	36	Turkey Frank on Bun	240	27	Cheese Pizza	320	36		
				Empanada			Cucumber & Tomatoes	12	3	Baby Carrots	35	8		
				Crinkle Cut Potatoes	99	15	w/ Ranch	140	1	w/Ranch	140	1		
07/01	Cal	Carb	07/02	Cal	Carb	07/03	Cal	Carb	07/04	Cal	Carb	07/05	Cal	Carb
Cheesy Pull Aparts	303	32	Chicken WG Nuggets	240	16	Hamburger on Bun	305	28	HOLIDAY			Cheese Pizza	320	36
Marinara Cup	40	7	Baby Carrots w/ Ranch	35	8	Julienne Peppers w/ Ranch	11	3		Celery Sticks & Hummus w/ Ranch	2	1	110/140	18/1
				140	1		140	1						
07/08	Cal	Carb	07/09	Cal	Carb	07/10	Cal	Carb	07/11	Cal	Carb	07/12	Cal	Carb
Beef & Cheese Taco	362	24	Chicken Patty on Bun	342	36	Turkey Frank on Bun	240	27	Chicken Empanada	299	36	Cheese Pizza	320	36
Crisp Ups			Baby Carrots w/ Ranch	35	8	Bun			Cucumber & Tomatoes w/ Ranch	12	3	Cauliflower Broccoli & Hummus w/Ranch	14	3
Salsa Cup	25	5		140	1	Crinkle Cut Potatoes	99	15		140	1		110/140	18/1
07/15	Cal	Carb	07/16	Cal	Carb	07/17	Cal	Carb	07/18	Cal	Carb	07/19	Cal	Carb
Cheesy Pull Aparts	303	32	Chicken WG Nuggets	240	16	Hamburger on Bun	305	28	Chicken Drumstick w/ WG Scoops	180	4	Cheese Pizza	320	36
Marinara Cup	40	7	Baby Carrots w/ Ranch	35	8	Julienne Peppers w/ Ranch	11	3	Crinkle Cut Potatoes	110	19	Celery Sticks & Hummus w/ Ranch	2	1
				140	1		140	1		99	15		110/140	18/1
07/22	Cal	Carb	07/23	Cal	Carb	07/24	Cal	Carb	07/25	Cal	Carb	07/26	Cal	Carb
Beef & Cheese Taco	362	24	Chicken Patty on Bun	342	36	Turkey Frank on Bun	240	27	Chicken Empanada	299	36	Cheese Pizza	320	36
Crisp Ups			Baby Carrots w/ Ranch	35	8	Bun			Cucumber & Tomatoes w/ Ranch	12	3	Cauliflower Broccoli & Hummus w/Ranch	14	3
Salsa Cup	25	5		140	1	Crinkle Cut Potatoes	99	15		140	1		110/140	18/1
07/29	Cal	Carb	07/30	Cal	Carb	07/31	Cal	Carb	08/01	Cal	Carb	08/02	Cal	Carb
Cheesy Pull Aparts	303	32	Chicken WG Nuggets	240	16	Hamburger on Bun	305	28	Chicken Drumstick w/ WG Scoops	180	4	Cheese Pizza	320	36
Marinara Cup	40	7	Baby Carrots w/ Ranch	35	8	Julienne Peppers w/ Ranch	11	3	Crinkle Cut Potatoes	110	19	Celery Sticks & Hummus w/ Ranch	2	1
				140	1		140	1		99	15		110/140	18/1
08/05	Cal	Carb	08/06	Cal	Carb	VEGETARIAN OPTIONS: Plant based and meatless entrees include Chik'n WG Nuggets* (247 cal / 24 carb), Hummus Cups* (110 cal / 18 carb), Cheese Sticks (118 cal / 2 carb) and Peanut Butter and Jelly Sandwiches* (601 cal / 64 carb). Please check with the cafeteria manager.								
Beef & Cheese Taco	362	24	Cheesy Pull Aparts	303	32									
Crisp Ups			Marinara Cup	40	7									
Salsa Cup	25	5												

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

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)

- Hamburger Bun: 140 / 27
- Hot Dog Bun: 130 / 26
- Scoops: 110 / 19

Assorted fruit and milk are available at every meal.

Fruit: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services