

ELEMENTARY SCHOOL MENU

AUGUST-SEPTEMBER 2024

BREAKFAST ITEMS OFFERED EVERYDAY

WEEK 1: Serving week of 8/26, 9/9, and 9/23

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle w/ Syrup Apple Juice	200/120 60	35/31 14	WG Bagel w/ cream cheese or jelly Orange Juice	259 35	44 9	4 French Toast Sticks w/ Syrup Apple Juice	272/120 60	35/31 14	Sm Fruit & Yogurt Parfait w/ granola Orange Juice	239 35	52 9	Maryland Made Cinnamon Roll Apple Juice	232 60	38 14

WEEK 2: Serving week of 9/2 and 9/16

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Mini Pancakes w/Syrup Apple Juice	210/120 60	35/31 14	Mini Strawberry Bagel Orange Juice	240 35	41 9	Banana Bread Apple Juice	371 60	53 14	Turkey Ham+ & Cheese on a Hawaiian Bun Orange Juice	186 35	27 9	Maryland Made Cinnamon Roll Apple Juice	232 60	38 14

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
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08/26			08/27			08/28			08/29			08/30		
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Hamburger w/ Crinkle Cut Potatoes <i>OR</i>	251	16	Cheese Lasagna^ & Marinara Sauce w/Roll <i>OR</i>	587	64	Chicken WG Nuggets w/ Cheesy Spinach & Roll <i>OR</i>	379	25	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops <i>OR</i>	184	23	Pizza, Cheese^ or Pepperoni+~ <i>OR</i>	320/330	31
BBQ Turkey Sandwich w/ corn	218	27	Chicken Patty WG Sandwich	342	36	4 oz Yogurt^ Cheese Stick^ WG Mini Pancakes w/ Syrup	350	51	Chicken Enchilada Empanada	300	36	Turkey Ham & Cheese Croissant Sandwich	331	31
Baby Carrots w/Ranch	18/55	4/3	Celery Sticks w/ Ranch	4/55	1/3	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
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									

09/02			09/03			09/04			09/05			09/06		
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HOLIDAY LABOR DAY

			Chicken Walking Taco w/ Corn & Walking Taco Corn Chips <i>OR</i>	206	23	Chik'n Nuggets^ w/ Mac & Cheese & Roll <i>OR</i>	513	36	Chicken Nuggets w/ Sweet Potatoes & Green Beans & Roll <i>OR</i>	291	28	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
			Meatball Sub w/ Seasoned Potatoes	629	65	Beef Crisp Ups w/ Salsa & Sour Cream	362	24	Turkey Sausage & Cheese Egg Bites w/ Seasoned Potatoes	379	31	Three Bean Chili^ w/ Corn & WG Scoops	276	55
			Crinkle Cut Potatoes	99	15	Baby Carrots w/Ranch	35/55	8/3	WG Belgian Waffles	240	34	Spinach, Romaine & Craisin Salad w/ Dressing	64	12
			Celery Sticks w/ Ranch	4/55	1/3	Hummus Cup	110	18	Bell Peppers	11	3	Roasted Chickpeas	180	27

09/09			09/10			09/11			09/12			09/13		
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Hamburger w/ Crinkle Cut Potatoes <i>OR</i>	251	16	Cheese Crunchers^ w/ Marinara Sauce <i>OR</i>	483	54	Chicken WG Nuggets w/ Cheesy Spinach & Roll <i>OR</i>	379	25	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops <i>OR</i>	184	23	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
BBQ Turkey Sandwich w/ corn	218	27	Korean Inspired Turkey Rice Bowl w/ BBQ sauce	320	45	Veggie Burger^ w/ Sweet Potatoes	228	30	Chicken Enchilada Empanada	300	36	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Grape Tomatoes w/ Ranch	18/55	4/3	Baby Carrots w/Ranch	35/55	8/3	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
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	4/55	1/3							Roasted Chickpeas	180	27

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
09/16			09/17			09/18			09/19			09/20		
Spicy Chicken Tenders w/ Seasoned Potatoes & Roll <i>OR</i>	357 80	42 15	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	591 240	26 62	Mini Beef Franks w/ Ranchero Beans <i>OR</i>	274	20	Chicken WG Nuggets w/ Blueberry Bread <i>OR</i>	411	38	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Three Bean Chili ^l w/ Corn & WG Scoops	276	55	Cheesy Pull Aparts [^] w/ Marinara Cup	303 40	32 7	Chik'n Parmesan [^] w/ Penne Pasta Parmesan Cheese	413	59	Beef Crisp Ups w/ Salsa & Sour Cream	362 25 57	24 5 1	Turkey Ham & Cheese Croissant Sandwich	349	32
Celery Sticks w/ Ranch	4/55	1/3	Baby Carrots w/Ranch	35/55	8/3	Fresh Broccoli w/ Ranch	15/55	7/3	Mixed Bell Pepper w/ Ranch	11/55	3/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Hummus Cup	110	18	Grape Tomatoes w/ Ranch	18/55	4/3	Hummus Cup	110	18			
09/23			09/24			09/25			09/26			09/27		
Hamburger w/ Crinkle Cut Potatoes <i>OR</i>	251	16	Cheese Lasagna [^] & Marinara Sauce w/Roll <i>OR</i>	587 80	64 15	Chicken WG Nuggets w/ Cheesy Spinach & Roll <i>OR</i>	379	25	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops <i>OR</i>	184 110	23 19	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
BBQ Turkey Sandwich w/ corn	218	27	Chicken Patty WG Sandwich	342	36	4 oz Yogurt [^] Cheese Stick [^] WG Mini Pancakes w/ Syrup	350	51	Chicken Enchilada Empanada	300	36	Turkey Ham & Cheese Croissant Sandwich	349	32
Baby Carrots w/Ranch	35/55	8/3	Celery Sticks w/ Ranch	4/55	1/3	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
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									

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 ^lVegan

This institution is an equal opportunity provider.
 Montgomery County Public Schools Division of Food and Nutrition Services

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/

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.