

# ELEMENTARY SCHOOL MENU

# APRIL 2023

## BREAKFAST ITEMS OFFERED EVERYDAY

CAL   CARB		CAL   CARB		CAL   CARB		CAL   CARB		CAL   CARB						
Belgian Waffle w/Syrup	360	65	Mini Pancakes w/Syrup	330	66	Egg & Cheese on English Muffin	200	24	Turkey Ham+ & Cheese Breakfast Sandwich	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	16	Apple Juice	60	16

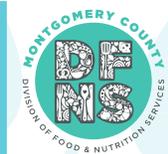
## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Spring Break</i>	<i>Monday, April 3, 2023 to Monday, April 10, 2023</i>		

04/10	04/11	04/12	04/13	04/14
<b>HOLIDAY</b> ☂	Cheese Crunchers w/ Marinara Sauce <b>OR</b> Chik'n Nuggets <sup>v</sup> w/ Green Beans & Roll Baby Carrots w/ Hummus Cup	Chicken WG Nuggets w/ Corn & Roll <b>OR</b> Pancakes & Syrup w/ Yogurt & Cheese Stick Grape Tomatoes w/ Hummus Cup	Teriyaki Meatballs~ w/ Veg Rice & Roll <b>OR</b> Cheesy Pull Aparts w/ Marinara Cup Tossed Salad w/Ranch	Pizza, Cheese or Pepperoni+~ <b>OR</b> Curry Chickpeas v w/ WG Rice & Roll Tossed Salad w/Ranch
04/17	04/18	04/19	04/20	04/21
Hamburger on Bun~ w/ Crinkle Cut Potatoes <b>OR</b> Turkey Sausage & Cheese Egg Bites w/ Seasoned Potatoes & Belgian Waffle Crinkle Cut Potatoes Baby Carrots w/ Ranch	Chicken WG Bites w/ Mac & Cheese <b>OR</b> Veggie Burger <sup>v</sup> w/ Crinkle Cut Potatoes Grape Tomatoes w/ Ranch Roasted Chickpeas	Crunchy Beef Taco w/ Corn & Green Beans & WG Scoops <b>OR</b> Turkey Ham+ & Cheese Croissant Sandwich Tossed Salad w/Ranch	Pizza, Cheese or Pepperoni+~ <b>OR</b> Three Bean Chili v w/ Corn & Scoops Assorted Fresh Veggies w/ Ranch	<b>NO SCHOOL DAY</b> ☂
04/24	04/25	04/26	04/27	04/28
Turkey Frank on Bun w/ Ranchero Beans <b>OR</b> Mac & Cheese w/ Fish Bites & Roll Baby Carrots w/Ranch	Chicken Patty WG Sandwich <b>OR</b> Turkey Ham & Cheese Sandwich on WG Round Bun Grape Tomatoes w/ Ranch Roasted Chickpeas	French Toast Sticks w/ Sausage* & Syrup <b>OR</b> Chik'n Nuggets v w/ Corn & Roll Tossed Salad w/Ranch	Penne Pasta & Meat Sauce~ w/ Roll <b>OR</b> Spicy Chicken Tenders w/ Seasoned Potatoes & Roll Tossed Salad w/Ranch	Pizza, Cheese or Pepperoni+~ <b>OR</b> Curry Chickpeas v w/ WG Rice & Roll Assorted Fresh Veggies w/ Ranch

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 <sup>v</sup>Vegan

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

## LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
05/01			05/02			05/03			05/04			05/05		
Pancakes & Syrup w/ Yogurt & Cheese Stick <b>OR</b>	220/240 80/59	35/62 15/1	Hamburger on Bun~ w/ Bk Fr Potatoes <b>OR</b>	415	45	Chicken WG Nuggets w/ Mixed Berry Bread <b>OR</b>	508	48	Crunchy Beef Taco w/ Green Beans & WG Scoops <b>OR</b>	238	31	Pizza, Cheese or Pepperoni+~ <b>OR</b>	320/330	31
Meatball Sub~ w/ Crinkle Cut Potatoes	447	57	Mini Cheese Calzones w/ Marinara Sauce	250 40	33 7	Veggie Burger <sup>v</sup> w/ Potatoes	379	50	Turkey Ham & Cheese on WG Round Bun	227	28	Three Bean Chili <sup>v</sup> w/ Corn & Scoops	277	52
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	20/55	4/3	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
Baby Carrots w/Ranch	35/55	8/3	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

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

- Dinner Roll: 80 / 15
- Hamburger Bun: 140 / 27
- Hot Dog Bun: 130 / 26
- Mini Flatbread (1): 80 / 13
- Scoops: 110 / 19

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**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 recurring 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.