

ELEMENTARY SCHOOL MENU

MAY 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		
05/01			05/02			05/03			05/04			05/05		
Pancakes & Syrup w/Yogurt & Cheese Stick	220/240	35/62	Hamburger~ on Bun w/ Bk Fr Potatoes	415	45	Chicken WG Nuggets w/ Mixed Berry Bread	508	48	Crunchy Beef Taco w/ Green Beans & Scoops	238	31	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR			OR		OR				OR		
Meatball Sub~ w/ Crinkle Cut Potatoes	447	57	Mini Cheese Calzones w/ Marinara Cup	329	37	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50	Turkey Ham & Cheese Sandwich	277	29	Three Bean Chili ^v w/ Corn & Scoops	277	52
Baby Carrots w/Ranch	35/55	8/3	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
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27									
05/08			05/09			05/10			05/11			05/12		
Cheese Crunchers w/ Marinara Sauce	487	55	Chicken Soft Tacos & Seasoned Potatoes w/ Mini WG Flatbreads	278	32	Macaroni & Cheese w/ Fish Bites & Roll	451	48	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll	459	73	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR			OR		OR				OR		
Chicken Patty WG Sandwich	342	36	Chik'n WG Nuggets ^v w/Crinkle Cut Potatoes & Roll	426	55	French Toast Sticks w/ Sausage* & Syrup	344	36	Turkey & Cheese WG Croissant Sandwich	331	32	Curry Chickpeas ^v w/ WG Rice & Roll	333	61
Baby Carrots w/ Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	18/55	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
Roasted Chickpeas	180	27	Crinkle Cut Potatoes	99	15									
05/15			05/16			05/17			05/18			05/19		
Hamburger~ on Bun w/ Crinkle Cut Potatoes	404	42	Turkey & Gravy w/ Mashed Potatoes & Roll	300	35	Chicken WG Bites w/ Green Beans & Roll	314	95	Crunchy Beef Taco w/ Corn & Edamame & WG Scoops	294	42	Pizza, Cheese or Pepperoni+~	320/330	31
OR			OR			OR		OR				OR		
Turkey Sausage+ & Cheese Egg Bites w/ Seasoned Potatoes	379	30	Cheesy Pull Aparts w/ Marinara Cup	303	32	Pancakes & Syrup w/ Yogurt & Cheese Stick	220/240	35/62	Turkey Ham+ & Cheese WG Croissant Sandwich	348	32	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50
Belgian WG Waffle	240	34	Roasted Chickpeas	180	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
Baby Carrots w/ Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	18/55	4/3									
Crinkle Cut Potatoes	99	15												

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 ^vVegan

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
05/22			05/23			05/24			05/25			05/26		
Turkey Frank+ on WG Bun w/ Ranchero Beans OR	445	56	French Toast Sticks w/ Sausage* & Syrup OR	344	36	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll OR	509	84	Chik'n WG Nuggets ^v w/ Corn & Roll OR	370	48	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Chicken Patty WG Sandwich	342	36	Penne Pasta & Meat Sauce~ w/ Roll	322	55	Mini Cheese Calzones w/ Marinara Cup	250	33	Hamburger ~on Bun w/ Crinkle Cut Potatoes	404	42	Curry Chickpeas ^v w/ WG Rice & Roll	333	61
Baby Carrots w/ Hummus Cup	35 110	8 18	Grape Tomatoes 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
			Roasted Chickpeas	180	27				Crinkle Cut Potatoes	99	15			
05/29			05/30			05/31			06/01			06/02		
HOLIDAY ♀			Pancakes & Syrup w/Yogurt & Cheese Stick OR	220/240 80/59	35/62 15/1	Chicken WG Nuggets w/ Corn & Roll OR	398	44	Crunchy Beef Taco w/ Corn & Green Beans & WG Scoops OR	294	42	Pizza, Cheese or Pepperoni+~ OR	320/330	31
			Meatball Sub~ w/ Green Beans	336	46	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50	Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	440	57	Turkey Ham+ & Cheese Sandwich on WG Round Bun	227	29
			Baby Carrots w/Ranch	35/55	8/3	Celery Sticks w/ Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3
			Roasted Chickpeas	180	27	Crinkle Cut Potatoes	99	15						

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.