

PRE-K HEAD START 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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
05/01		05/02		05/03		05/04		05/05						
Pancakes & Syrup w/Yogurt & Cheese Stick	220/240 80/59	35/62 15/1	Hamburger on Bun~ w/ Bk Fr Potatoes	415	58	Chicken WG Nuggets w/ Mixed Berry Bread Tossed Salad w/ Ranch	508 20/55	48 4/3	Crunchy Beef Taco w/ Green Beans & WG Scoops Tossed Salad w/ Ranch	238 20/55	31 4/3	Cheese Pizza	320/330	31
Baby Carrots w/ Ranch	35/55	8/3										Assorted Fresh Veggies w/ Ranch	14/55	3/3
05/08		05/09		05/10		05/11		05/12						
Cheese WG Crunchers w/ Marinara Sauce	487	55	Chik'n WG Nuggetsv w/Crinkle Cut Potatoes & Roll	426	55	Macaroni & Cheese w/ Fish Bites & Roll Tossed Salad w/ Ranch	451 20/55	48 4/3	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll Tossed Salad w/ Ranch	459 20/55	73 4/3	Cheese Pizza	320/330	31
												Assorted Fresh Veggies w/ Ranch	14/55	3/3
05/15		05/16		05/17		05/18		05/19						
Turkey Sausage+ & Cheese Egg Bites w/ Seasoned Potatoes	379	30	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	Cheese Pizza	320/330	31
Belgian WG Waffle	240	34										Assorted Fresh Veggies w/ Ranch	14/55	3/3
05/22		05/23		05/24		05/25		05/26						
Turkey Frank+ on Bun w/ Ranchero Beans	445	56	Penne Pasta & Meat Sauce w/ Roll	322 80	55 15	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll Tossed Salad w/ Ranch	509 20/55	84 4/3	Chik'n WG Nuggets ^v w/ Corn & Roll	370	48	Cheese Pizza	320/330	31
												Assorted Fresh Veggies w/ Ranch	14/55	3/3
05/29		05/30		05/31		06/01		06/02						
HOLIDAY 🌸		Pancakes & Syrup w/ Yogurt & Cheese Stick	220/240 80/59	35/62 15/1	Chicken WG Nuggets w/ Corn & Roll	398	44	Crunchy Beef Taco w/ Corn & Green Beans & WG Scoops	294	42	Cheese Pizza	320/330	31	
		Baby Carrots w/Ranch	35/55	8/3							Tossed Salad w/ Ranch	20/55	4/3	

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

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



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services