

ELEMENTARY SCHOOL MENU

NOVEMBER 2023

BREAKFAST ITEMS

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle w/Syrup	200 120	35 31	Mini Pancakes w/Syrup	210 120	35 31	Chicken Biscuit WG Sandwich	250 60	31 14	Turkey Ham+ & Cheese Breakfast Sandwich	270 35	30 9	Maryland Made Cinnamon Roll	232 60	38 14
Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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11/06	11/07	11/08	11/09	11/10
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Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404 42	BBQ Pulled Chicken Sandwich w/Corn <i>OR</i>	272 50	Chicken WG Bites w/ Macaroni & Cheese <i>OR</i>	482 35	Crunchy Beef Taco w/ Green Beans & Scoops <i>OR</i>	238 31	Pizza, Cheese^ or Pepperoni+~ <i>OR</i>	320/330 31
Spicy Chicken Tenders w/ Seasoned Potatoes & Roll <i>OR</i>	487 55	Cheesy French Bread^ Marinara Cup	383 40	Pancakes & Syrup w/ Yogurt & Cheese^ Stick <i>OR</i>	210/240 80/59	Veggie Burger^ w/ Crinkle Cut Potatoes	379 50	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314 31
Fruit & Yogurt Parfait^ w/ WG Granola	220 218	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	Roasted Chickpeas	180						
Baby Carrots w/Ranch	35/55								

11/13	11/14	11/15	11/16	11/17
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Teriyaki Beef Bites~ w/ WG Veg Rice & Roll <i>OR</i>	459 73	Chicken Walking Taco w/ Corn Walking Taco Corn Chips <i>OR</i>	206 240	23 24	Turkey Frank on Bun w/ Seasoned Potatoes <i>OR</i>	380 52	Thanksgiving Meal Sliced Turkey & Gravy w/ Mashed Potatoes, Stuffing	322 33	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330 31			
Chicken Patty WG Sandwich <i>OR</i>	342 36	Grilled Cheese WG Sandwich^	280 31	Belgian Waffle w/Syrup * & Yogurt^	200/120 180	35/31 38	Dinner Roll Cranberry Sauce	80 54	15 12	Chik'n WG Nuggets^ w/ Corn & Green Beans & Roll	363 47		
Yogurt^ w/ WG Granola	180/220	Crinkle Cut Potatoes	99	15	Tossed Salad w/Ranch	20/55	4/3	Celery Sticks w/ Ranch	4/55	1/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Grape Tomatoes w/ Ranch	18/55	Baby Carrots w/Ranch	35/55	8/3				Hummus Cup	110	18			
Roasted Chickpeas	180							Fruit Sorbet	77	21			

11/20	11/21	11/22	11/23	11/24
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Hamburger on Bun~ w/ Crinkle Cut Potatoes <i>OR</i>	404 42	BBQ Pulled Chicken Sandwich w/Corn <i>OR</i>	272 50		
Cheese Crunchers^ w/ Marinara Sauce	487 55	Pancakes & Syrup w/ Yogurt & Cheese^ Stick	210/240 80/59	35/62 15/1	
Crinkle Cut Potatoes	99	Celery Sticks w/ Ranch	4/55	1/3	
Baby Carrots w/Ranch	35/55	Roasted Chickpeas	180	27	

Thanksgiving Holidays
Schools & Offices Closed

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.



Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 12–20

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

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
11/27			11/28			11/29			11/30			12/01		
Chicken WG Nuggets w/ Crinkle Cut Potatoes & Roll <i>OR</i>	419	45	Turkey Frank on Bun w/ Bk Fr Potatoes <i>OR</i>	300	33	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	462	22	Penne Pasta~ w/ Meat Sauce & Roll <i>OR</i>	314	57	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
Turkey Sausage & Cheese Egg Bites w/ Seasoned Potatoes Belgian Waffle <i>OR</i>	379	31	Cheesy French Bread^ Marinara Cup	383	29	Chik'n WG Nuggets^ w/ Corn & Green Beans & Roll	363	47	Chicken Patty WG Sandwich <i>OR</i>	342	36	Three Bean Chili^ w/ Corn & Scoops	277	52
Belgian Waffle w/Syrup *& Yogurt^	200/120 180	35/31 38	Celery Sticks w/ Ranch	4/55	1/3	Grape Tomatoes w/ Ranch	18/55	4/3	Fruit & Yogurt^ Parfait w/ WG Granola	220 218	47 47	Spinach Romaine & Craisin Salad w/ Spinach Dressing Hummus Cup	64 136 110	12 13 18
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27	Roasted Chickpeas	180	27	Spinach Romaine & Craisin Salad w/ Spinach Dressing Hummus Cup	64 136 110	12 13 18			
Baby Carrots w/Ranch	35/55	8/3												

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.

