

# PRE-K HEAD START SCHOOL MENU

# OCTOBER 2023

## BREAKFAST ITEMS

	CAL   CARB			CAL   CARB			CAL   CARB			CAL   CARB				
Belgian Waffle w/ Syrup Apple Juice	200 120 60	35 31 14	Mini Pancakes w/Syrup Orange Juice	210 120 35	35 31 9	Chicken Biscuit WG Sandwich Apple Juice	250 60	31 14	Turkey Ham+ & Cheese on a Hawaiian Bun Orange Juice	270 35	30 9	Maryland Made Cinnamon Roll Cheese Stick Apple Juice	232 59 60	38 1 14

## LUNCH

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
10/02			10/03			10/04			10/05			10/06		
Chicken WG Nuggets w/ Crinkle Cut Potatoes & Roll	419	45	Cheesy French Bread Marinara Cup	383 40	29 7	Turkey Frank+ on WG Bun w/ Ranchero Beans	445	56	Penne Pasta w/ Meat Sauce~ Tossed Salad w/ Ranch	301 20/55	55 4/3	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 14/55	31 3/3
10/09			10/10			10/11			10/12			10/13		
No School Day 			Hamburger~ on Bun w/Crinkle Cut Potatoes	404	42	BBQ Pulled Chicken Sandwich w/Corn	272	50	Crunchy Beef Taco~ w/ Green Beans & WG Scoops	238	31	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 14/55	31 3/3
10/16			10/17			10/18			10/19			10/20		
Teriyaki Beef Bites~ w/ Veg Rice & Roll Grape Tomatoes w/ Ranch	459 18/55	73 4/3	Chicken Walking Taco w/ Corn & WG Chips	278 240	31 24	Turkey Frank+ on Bun w/ Ranchero Beans	445	56	Chik'n WG Nuggets <sup>v</sup> w/ Green Beans & Roll	355	46	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 14/55	31 3/3
10/23			10/24			10/25			10/26			10/27		
Hamburger~ on WG Bun w/ Crinkle Cut Potatoes	404	42	Cheese WG Crunchers w/ Marinara Sauce	487	55	Pancakes & Syrup w/ Yogurt & Cheese Stick Tossed Salad w/ Ranch	210/240 80/59	35/62 15/1	Crunchy Beef Taco~ w/ Corn & Green Beans & WG Scoops	264	38	Cheese Pizza Assorted Fresh Veggies w/ Ranch	320/330 14/55	31 3/3
10/30			10/31			11/01			11/02			11/03		
Chicken WG Nuggets w/ Crinkle Cut Potatoes & Roll	419	45	Grilled Cheese WG Sandwich Baby Carrots	280 35/55	31 8/3	No School Day 			Teriyaki Beef Bites~ w/ WG Veg Rice & Roll Caesar Salad w/Dressing	459 17 63	73 3 2	Cheese Pizza Caesar Salad w/Dressing	320/330 17 63	31 3 2

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 13–20

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>v</sup>Vegan WG = Whole Grain

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



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services