

SUMMER BAG MENU

2023

BREAKFAST

	Cal	Carb		Cal	Carb		Cal	Carb		Cal	Carb		Cal	Carb
WG Cereal	225	45	Belgian WG Waffle	240	34	Mini Strawberry	240	41	WG Cereal	225	45	Cinnamon WG	232	38
Apple Juice	60	14	Orange Juice	35	9	Bagel	60	14	Orange Juice	35	9	Roll	60	14
						Apple Juice						Apple Juice		

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
	Cal	Carb		Cal	Carb		Cal	Carb		Cal	Carb		Cal	Carb
						06/21			06/22			06/23		
						Turkey & Cheese WG Sandwich Baby Carrots	270 35	29 8	Turkey Ham & Cheese Croissant Sandwich Grape Tomatoes w/ Ranch	348 18/55	31 4/3	Buffalo Chicken & Cheese Croissant Sandwich Celery Sticks w/ Peanut Butter Cup	314 2 200	31 1 7
06/26			06/27			06/28			06/29			06/30		
Peanut Butter & Jelly WG Sandwich Baby Carrots	601 35	64 8	Yogurt & Granola Veggie Juice	180/220 50	38/48 13	Buffalo Chicken & Cheese Croissant Sandwich Grape Tomatoes w/ Ranch	314 18/55	31 4/3	Turkey & Cheese Croissant Sandwich Celery Sticks & Grape Tomatoes w/ Ranch	320 11/55	31 3/3	Turkey Ham & Cheese WG Sandwich Broccoli Florets w/ Ranch	298 15 55	29 3 3
07/03			07/04			07/05			07/06			07/07		
Peanut Butter & Jelly WG Sandwich Veggie Juice	601 50	64 13	HOLIDAY			Turkey Ham & Cheese Croissant Sandwich Baby Carrots	348 35	31 8	Turkey & Cheese Sandwich Grape Tomatoes w/ Ranch	270 18/55	29 4/3	Buffalo Chicken & Cheese Croissant Sandwich Celery Sticks w/ Peanut Butter Cup	314 2 200	31 1 7
07/10			07/11			07/12			07/13			07/14		
Peanut Butter & Jelly WG Sandwich Baby Carrots	601 35	64 8	Yogurt & Granola Veggie Juice	180/220 50	38/48 13	Buffalo Chicken & Cheese WG Sandwich Grape Tomatoes w/ Ranch	264 18/55	29 4/3	Turkey & Cheese Croissant Sandwich Celery Sticks & Grape Tomatoes w/ Ranch	320 11/55	31 3/3	Turkey Ham & Cheese WG Sandwich Broccoli Florets w/ Ranch	298 15 55	29 3 3
07/17			07/18			07/19			07/20			07/21		
Peanut Butter & Jelly WG Sandwich Veggie Juice	601 50	64 13	Chicken Patty Sandwich Baby Carrots	342 35	36 8	Turkey Ham & Cheese Croissant Sandwich Grape Tomatoes w/ Ranch	348 18/55	31 4/3	Mini Sub w/ Lettuce & Tomato Fruit Punch	276 18 60	28 4 14	Buffalo Chicken & Cheese Croissant Sandwich Celery Sticks w/ Peanut Butter Cup	314 2 200	31 1 7
07/24			07/25			07/26			07/27			07/28		
Peanut Butter & Jelly WG Sandwich Baby Carrots	601 35	64 8	Yogurt & Granola Veggie Juice	180/220 50	38/48 13	Buffalo Chicken & Cheese WG Sandwich Grape Tomatoes w/ Ranch	264 18/55	29 4/3	Turkey & Cheese Croissant Sandwich Celery Sticks & Grape Tomatoes w/ Ranch	320 11/55	31 3/3	Turkey Ham & Cheese WG Sandwich Broccoli Florets w/ Ranch	298 15 55	29 3 3
07/31			08/01			08/02			08/03			08/04		
Peanut Butter & Jelly WG Sandwich Veggie Juice	601 50	64 13	Chicken Patty Sandwich Baby Carrots	342 35	36 8	Turkey Ham & Cheese Croissant Sandwich	348	31	Mini Sub w/ Lettuce & Tomato Fruit Punch	276 60	28 14	Buffalo Chicken & Cheese Croissant Sandwich	314	31

						Grape Tomatoes w/ Ranch	18/55	4/3				Celery Sticks w/ Peanut Butter Cup	2 200	1 7
08/07	Cal	Carb	08/08	Cal	Carb	08/09	Cal	Carb	08/10	Cal	Carb	08/11	Cal	Carb
Peanut Butter & Jelly WG Sandwich Baby Carrots	601 35	64 8	Yogurt & Granola Veggie Juice	180/220 50	38/48 13	Buffalo Chicken & Cheese WG Sandwich Grape Tomatoes w/ Ranch	264 18/55	29 4/3	Turkey & Cheese Croissant Sandwich Celery Sticks & Grape Tomatoes w/ Ranch	320 11/55	31 3/3	Turkey Ham & Cheese WG Sandwich Broccoli Florets w/ Ranch	298 15 55	29 3 3
08/14	Cal	Carb	08/15	Cal	Carb	08/16	Cal	Carb	08/17	Cal	Carb	08/18	Cal	Carb
Peanut Butter & Jelly WG Sandwich Veggie Juice	601 50	64 13	Chicken Patty Sandwich Baby Carrots	342 35	36 8	Turkey Ham & Cheese Croissant Sandwich Grape Tomatoes w/ Ranch	348 18/55	31 4/3	Mini Sub w/ Lettuce & Tomato Fruit Punch	276 18 60	28 4 14	Buffalo Chicken & Cheese Croissant Sandwich Celery Sticks w/ Peanut Butter Cup	314 2 200	31 1 7
08/21	Cal	Carb	08/22	Cal	Carb	08/23	Cal	Carb	08/24	Cal	Carb	08/25	Cal	Carb
Peanut Butter & Jelly WG Sandwich Baby Carrots	601 35	64 8	Yogurt & Granola Veggie Juice	180/220 50	38/48 13	Buffalo Chicken & Cheese WG Sandwich Grape Tomatoes w/ Ranch	264 18/55	29 4/3	Turkey & Cheese Croissant Sandwich Celery Sticks & Grape Tomatoes w/ Ranch	320 11/55	31 3/3	Turkey Ham & Cheese WG Sandwich Broccoli Florets w/ Ranch	298 15 55	29 3 3
Menu Key: Cal = Calories Carb = Carbohydrates ~Beef +Poultry v = Vegan WG = Whole Grain No Pork Products									Standard Calorie/Carb Counts for Bread/Grains (calories/grams)					
									<ul style="list-style-type: none"> • WG Hamburger Bun: 140 / 27 • WG Hot Dog Bun: 130 / 26 • WG Croissant: 190 /29 					
Assorted fruit and milk included with every meal.														
Fruit: Calories 20-127 Carbs 7-33 Milk: Calories 90-120 Carbs 13-20														
This institution is an equal opportunity provider.									Montgomery County Public Schools Division of Food and Nutrition Services					