

Lathrop E. Smith Environmental Education Center Menu 2019-2020

(Subject to change- see website or coordinator for updates)

The dining hall at the L. E. Smith Center is operated by MCPS Food Services. For nutrition and allergen information, please see the county's menu information at

<http://www.montgomeryschoolsmd.org/departments/foodserv/menus/allergen.shtm> WG =whole grain

	Day 1	Day 2	Day 3		Notes
BREAKFAST		Egg and cheese Sandwich Bacon(pork) WG Bagel Milk Ass't Juice Fresh/Canned Fruit <u>Vegetarian</u> WG Cereal	WG French Toast & Syrup Sausage Patty(pork) WG Bagel Milk Ass't Juice Fresh/Canned Fruit <u>Vegetarian</u> WG Cereal	BREAKFAST	Cream cheese Jelly
LUNCH	GROUP ARRIVAL Students bring lunch Milk Ass't	Cookout Hamburgers & Hot Dogs* French Fries Salad Bar Milk Ass't Lettuce, Tomato, WG HB/HD Roll Fresh/Canned Fruit <u>Vegetarian</u> Cheese Crunchers	WG Pizza Pepperoni or Cheese Vegetable Salad Bar Milk Ass't Fresh/Canned Fruit <u>Vegetarian</u> Cheese Pizza	LUNCH	*Winter months lunch includes grilled cheese and soup or chili
DINNER	Baked Barbeque Chicken Mashed Potatoes/Gravy Vegetable Salad Bar WG Dinner Roll Milk Ass't <u>Vegetarian</u> Cheese Crunchers	Spaghetti Meat or Meatless Sauce Vegetable Salad Bar French Bread Milk Ass't <u>Vegetarian</u> Spaghetti & Meatless Sauce	GROUP DEPARTURE	DINNER	<u>Salad Bar Lunch/Dinner</u> Salad mix Dressings: Tomatoes Ranch Shredded cheese Baby Carrots Chick Peas Romaine Kidney Beans
Snack : WG cookies and milk for one night					