

07/29	Cal	Carb	07/30	Cal	Carb	07/31	Cal	Carb	08/01	Cal	Carb	08/02	Cal	Carb
Peanut Butter & Jelly WG Sandwich Veggie Juice	601 50	64 13	Chicken Patty Sandwich Baby Carrots w/ Ranch	342 35 140	36 8 1	Turkey Ham & Cheese Croissant Sandwich Julienne Peppers w/ Ranch	348 11 140	31 3 1	Mini Sub w/ Lettuce & Tomato	276 18	28 4	Buffalo Chicken & Cheese Croissant Sandwich Celery Sticks & Hummus w/Ranch	314 2 110 140	31 1 18 1
08/05	Cal	Carb	08/06	Cal	Carb	08/07	Cal	Carb	08/08	Cal	Carb	08/09	Cal	Carb
Peanut Butter & Jelly WG Sandwich Baby Carrots w/ Ranch	601 35	64 8	Yogurt & Granola Veggie Juice	180/220 50	38/48 13	Buffalo Chicken & Cheese WG Sandwich Celery & Tomatoes w/ Ranch	264 11 140	29 2 1	Turkey & Cheese Croissant Sandwich Cucumber & Tomatoes w/ Ranch	320 12 140	31 3 1	Turkey Ham & Cheese WG Sandwich Cauliflower Broccoli & Hummus w/Ranch	298 14 110/140	29 3 18/1
08/12	Cal	Carb	08/13	Cal	Carb	08/14	Cal	Carb	08/15	Cal	Carb	08/16	Cal	Carb
Peanut Butter & Jelly WG Sandwich Veggie Juice	601 50	64 13	Chicken Patty Sandwich Baby Carrots w/ Ranch	342 35 140	36 8 1	Turkey Ham & Cheese Croissant Sandwich Grape Tomatoes w/ Ranch	348 18/55 140	31 4/3 1	Mini Sub w/ Lettuce & Tomato	276 18	28 4	Buffalo Chicken & Cheese Croissant Sandwich Celery Sticks & Hummus w/ Ranch	314 2 110/140	31 1 18/1
08/19	Cal	Carb	08/20	Cal	Carb	08/21	Cal	Carb	08/22	Cal	Carb	08/23	Cal	Carb
Peanut Butter & Jelly WG Sandwich Baby Carrots w/ Ranch	601 35 140	64 8 1	Yogurt & Granola Veggie Juice	180/220 50	38/48 13	Buffalo Chicken & Cheese WG Sandwich Celery & Tomatoes w/ Ranch	264 11 140	29 3 1	Turkey & Cheese Croissant Sandwich Cucumber & Tomatoes w/ Ranch	320 12 140	31 3 1	Turkey Ham & Cheese WG Sandwich Roasted Chickpeas	298 110	29 18
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					