

ELEMENTARY SCHOOL MENU

NOVEMBER 2024

BREAKFAST

WEEK 1: Serving week of 11/4, 11/18

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle w/ Syrup	200/120	35/31	WG Bagel w/ cream cheese or jelly	259	44	4 French Toast Sticks w/ Syrup	272/120	35/31	Sm Fruit & Yogurt Parfait w/ granola	239	52	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14

WEEK 2: Serving week of 11/11, 11/25

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Mini Pancakes w/Syrup	210/120	35/31	Mini Strawberry Bagel	240	41	Banana Bread	371	53	Turkey Ham+ & Cheese Breakfast Sandwich	215	29	Maryland Made Cinnamon Roll	232	38
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
11/04	11/05	11/06	11/07	11/08

NO SCHOOL DAY

HOLIDAY ELECTION DAY

		4 oz Yogurt^ Cheese Stick^ French Toast Sticks w/ Cinnamon Spiced Apples w/ Syrup OR	140	16	Mini Chicken Bites w/ Seasoned Potatoes & Roll OR	389	40	Pizza, Cheese^ or Pepperoni+~ OR	320/330	31
		Chicken Enchilada Empanada	300	36	Cheesy Pull Aparts^ w/ Marinara Cup	303	32	Turkey Ham & Cheese Croissant Sandwich	349	32
		Baby Carrots w/Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	18/55	4/3	Tossed Salad w/Ranch	20/55	4/3
		Roasted Chickpeas	180	27	Crinkle Cut Potatoes	99	15			

11/11	11/12	11/13	11/14	11/15										
Chik'N WG Nuggets w/ Crinkle Cut Potatoes w/ Roll OR	313	38	4 oz Yogurt^ Cheese Stick^ WG Mini Pancakes w/ Syrup OR	350	51	Mini Beef Franks w/ Ranchero Beans Mini WG Buns OR	274	20	Chicken WG Nuggets w/ Green Beans & Corn OR	280	25	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Turkey Sausage & Cheese Egg Bites w/ Seasoned Potatoes WG Belgian Waffle	379	31	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206	23	Chicken Patty WG Sandwich	342	36	Beef Crisp Ups w/ Salsa & Sour Cream	362	24	Three Bean Chili^ w/ Corn & Scoops	166	36
Baby Carrots w/Ranch	35/55	8/3	Grape Tomatoes w/ Ranch	18/55	4/3	Spinach, Romaine and Craisin Salad	64	12	Spinach, Romaine and Craisin Salad	64	12	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Roasted Chickpeas	180	27	Mixed Bell Pepper Strips	11	3	Celery Sticks w/ Ranch	4/55	1/3			

11/18	11/19	11/20	11/21	11/22										
Hamburger w/ Crinkle Cut Potatoes OR	251	16	French Toast Sticks w/ Sausage* & Syrup OR	591	26	Teriyaki Beef Bites w/ Veg Rice & Roll OR	373	56	Turkey & Gravy w/ Mashed Potatoes & WG Stuffing w/ Dinner Roll & Cranberry Sauce	321	33	Pizza, Cheese or Pepperoni+~ OR	320/330	31
BBQ Turkey Sandwich w/ Corn	218	27	Cheesy Pull Aparts^ w/ Marinara Cup	303	32	Chicken Enchilada Empanada	300	36				Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Grape Tomatoes w/ Ranch	18/55	4/3	Baby Carrots w/Ranch	35/55	8/3	Tossed Salad w/Ranch	20/55	4/3	Hummus Cup	110	18	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Mixed Bell Pepper Strips	11	3				Celery Sticks w/ Ranch	4/55	1/3			

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
11/25		11/26		11/27		11/28		11/29	
Mini Chicken Bites	378	23	Pizza, Cheese or Pepperoni+~	320/330	31	NO SCHOOL SYSTEM WIDE CLOSURE HOLIDAY			
w/ Cheesy Spinach & Roll	80	15	OR						
OR									
4 oz Yogurt^	350	51	Veggie Burger^	228	30				
Cheese Stick^			w/ Sweet Potatoes						
WG Mini Pancakes w/ Syrup	120	31	Assorted Fresh Veggies w/ Ranch	14/55	3/3				
Baby Carrots w/Ranch	35/55	8/3							
Roasted Chickpeas	180	27							

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk: Calories 90–120; Carbs 12–20
 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.
 This institution is an equal opportunity provider. Montgomery County Public Schools Division of Food and Nutrition Services

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