

PRE-K HEAD START 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 on a Hawaiian Bun	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	4oz Yogurt Cheese Stick	140	16	Mini Chicken Bites w/ Seasoned Potatoes	389	40	Pizza, Cheese^	320/330	31										
		French Toast Sticks w/ Cinnamon Spiced Apples w/ Syrup	284	46																
		Baby Carrots w/Ranch	35/55	8/3				Tossed Salad w/Ranch	20/55	4/3										
11/11	11/12	11/13	11/14	11/15																
Chik'N WG Nuggets w/ Crinkle Cut Potatoes	313	38	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206	23	240	24	Mini Beef Franks w/ Ranchero Beans	274	20	20	25	Chik'N WG Nuggets w/ Green Beans & Corn	280	25	Pizza, Cheese^	320/330	31		
								Mini WG Buns	141	24										
11/18	11/19	11/20	11/21	11/22																
Hamburger w/ Crinkle Cut Potatoes on WG Bun	251	16	Cheesy Pull Aparts^ w/ Marinara Cup	303	32	40	7	Teriyaki Beef Bites w/ Veg Rice	373	56			Turkey & Gravy w/ Mashed Potatoes & WG Stuffing & Cranberry Sauce	321	33	54	12	Pizza, Cheese^	320/330	31
11/25	11/26	11/27	11/28	11/29																
Mini Chicken Bites w/ Cheesy Spinach	378	23	Pizza, Cheese^	320/330	31	NO SCHOOL SYSTEM WIDE CLOSURE			HOLIDAY			HOLIDAY								
Baby Carrots w/Ranch	35/55	8/3	Assorted Fresh Vegetables w/ Ranch	14/55	3/3															

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 vVegan ^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



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services