

ELEMENTARY SCHOOL MENU

JUNE 2023

BREAKFAST ITEMS OFFERED EVERYDAY

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Belgian Waffle w/Syrup	360	65	Mini Pancakes w/Syrup	330	66	Egg & Cheese on English Muffin	200	24	Turkey Ham+ & Cheese Breakfast Sandwich	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	16	Apple Juice	60	16

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
05/29		05/30		05/31		06/01		06/02						
HOLIDAY ☀️		Pancakes & Syrup w/ Yogurt & Cheese Stick OR	220/240 80/59	35/62 15/1	Chicken WG Nuggets w/ Corn & Roll OR	398	44	Crunchy Beef Taco w/ Corn & Green Beans & WG Scoops OR	294	42	Pizza, Cheese or Pepperoni+~ OR	320/330	31	
		Meatball~ Sub w/ Green Beans	336	46	Veggie Burger ^v w/ Crinkle Cut Potatoes	379	50	Spicy Chicken Tenders w/ Seasoned Potatoes & Roll	440	57	Turkey Ham & Cheese WG Sandwich IW	277	29	
		Baby Carrots w/Ranch Roasted Chickpeas	35/55 180	8/3 27	Celery Sticks w/ Ranch Crinkle Cut Potatoes	20/55 99	4/3 15	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3	
06/05		06/06		06/07		06/08		06/09						
Cheese Crunchers w/ Marinara Sauce OR	487	55	Hamburger~ on Bun w/ Baked Fr Potatoes OR	415	45	French Toast Sticks w/ Sausage* & Syrup OR	240	62	Chicken Soft Tacos & Seasoned Potatoes w/ Mini WG Flatbreads OR	160	26	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Turkey Sausage+ & Cheese Egg Bites w/ Seasoned Potatoes	379	55	Chicken Patty WG Sandwich	342	36	Teriyaki Beef Bites~ w/ WG Veg Rice & Roll	509	84	Chik'n WG Nuggets ^v w/ Corn & Green Beans & Roll	363	47	Potato Crusted Fish Fillet Sandwich w/ Crinkle Cut Fries WG Hamburger Roll	420 140	30 27
Belgian WG Waffle	240	34	Grape Tomatoes w/ Ranch	18/55	4/3	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch Crinkle Cut Potatoes	20/55 99	4/3 15	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Baby Carrots w/ Ranch Roasted Chickpeas	35/55 180	8/3 27												
06/12		06/13		06/14		06/15		06/16						
Turkey Frank+ on WG Bun w/ Ranchero Beans OR	445	56	Chicken WG Nuggets w/ Baked FF Potatoes & Roll OR	398	44	Grilled Cheese WG Sandwich IW Marinara Cup OR	40	7	Pizza, Cheese or Pepperoni+~ OR	320/330	31	Pizza, Cheese or Pepperoni+~ OR	320/330	31
Pancakes & Syrup w/ Yogurt & Cheese Stick Assorted Vegetables	220/240 80/59	35/62 15/1	Manager's Choice Assorted Vegetables			Manager's Choice Assorted Vegetables			Manager's Choice Assorted Vegetables			Manager's Choice Assorted Vegetables		

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.



Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

Standard Calorie/Carb Counts for Bread/Grains (calories/grams)
 Dinner Roll: 80 / 15 Hamburger Bun: 140 / 27 Hot Dog Bun: 130 / 26 Mini Flatbread (1): 80 / 13 Scoops: 110 / 19