

# SUMMER BAG MENU

# 2024

BREAKFAST																	
CAL			CARB			CAL			CARB			CAL			CARB		
WG Cereal	225	45	Belgian WG Waffle	240	34	Mini Strawberry Bagel	240	41	WG Cereal	225	45	Cinnamon WG 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					
06/17			06/18			06/19			06/20			06/21					
Peanut Butter & Jelly	601	64	Chicken Patty Sandwich	342	36	<b>SCHOOLS &amp; OFFICES CLOSED</b>	Turkey Ham & Cheese	348	31	Buffalo Chicken & Cheese Sandwich	314	31					
WG Sandwich			Baby Carrots	35	8		Croissant Sandwich			Cheese Sandwich							
Veggie Juice	50	13	w/ Ranch	140	1		Grape Tomatoes	18	4	Celery Sticks & Hummus	2	1					
							w/ Ranch	140	1								
06/24			06/25			06/26			06/27			06/28					
Peanut Butter & Jelly	601	64	Yogurt & Granola	180/220	38/48	Buffalo Chicken & Cheese Croissant	314	31	Turkey & Cheese Croissant Sandwich	320	31	Turkey Ham & Cheese WG Sandwich	298	29			
WG Sandwich			Veggie Juice	50	13	Celery & Tomatoes	11	2	Cucumber & Tomatoes	12	3	Roasted Chickpeas	180	27			
Baby Carrots	35	8				w/ Ranch	140	1	w/ Ranch	140	1						
w/ Ranch	140	1															
07/01			07/02			07/03			07/04			07/05					
Peanut Butter & Jelly	601	64	Chicken Patty Sandwich	342	36	Turkey Ham & Cheese	348	31	<b>HOLIDAY</b>	Buffalo Chicken & Cheese Sandwich	314	31					
WG Sandwich			Baby Carrots	35	8	Croissant Sandwich				Celery Sticks & Hummus	2	1					
Veggie Juice	50	13	w/ Ranch	140	1	Julienne Peppers	11	3		Hummus	110	18					
						w/ Ranch	140	1									
07/08			07/09			07/10			07/11			07/12					
Peanut Butter & Jelly	601	64	Yogurt & Granola	180/220	38/48	Buffalo Chicken & Cheese Sandwich	264	29	Turkey & Cheese Croissant Sandwich	320	31	Turkey Ham & Cheese WG Sandwich	298	29			
WG Sandwich			Veggie Juice	50	13	Celery & Tomatoes	11	2	Cucumber & Tomatoes	12	3	Cauliflower Broccoli	14	3			
Baby Carrots	35	8				w/ Ranch	140	1	w/ Ranch	140	1	Hummus	110	18			
w/ Ranch	140	1										w/ Ranch	140	1			
07/15			07/16			07/17			07/18			07/19					
Peanut Butter & Jelly	601	64	Chicken Patty Sandwich	342	36	Turkey Ham & Cheese	348	31	Mini Sub	276	28	Buffalo Chicken & Cheese Sandwich	314	31			
WG Sandwich			Baby Carrots	35	8	Croissant Sandwich			w/ Lettuce & Tomato	18	4	Celery Sticks & Hummus	2	1			
Veggie Juice	50	13	w/ Ranch	140	1	Julienne Peppers	11	3				Hummus	110	18			
						w/ Ranch	140	1				w/ Ranch	140	1			
07/22			07/23			07/24			07/25			07/26					
Peanut Butter & Jelly	601	64	Yogurt & Granola	180/220	38/48	Buffalo Chicken & Cheese Sandwich	264	29	Turkey & Cheese Croissant Sandwich	320	31	Turkey Ham & Cheese WG Sandwich	298	29			
WG Sandwich			Veggie Juice	50	13	Celery & Tomatoes	11	2	Cucumber & Tomatoes	12	3	Cauliflower Broccoli	14	3			
Baby Carrots	35	8				w/ Ranch	140	1	w/ Ranch	140	1	Hummus	110	18			
w/ Ranch	140	1										w/ Ranch	140	1			
07/29			07/30			07/31			08/01			08/02					
Peanut Butter & Jelly	601	64	Chicken Patty Sandwich	342	36	Turkey Ham & Cheese	348	31	Mini Sub	276	28	Buffalo Chicken & Cheese Sandwich	314	31			
WG Sandwich			Baby Carrots	35	8	Croissant Sandwich			w/ Lettuce & Tomato	18	4	Celery Sticks & Hummus	2	1			
Veggie Juice	50	13	w/ Ranch	140	1	Julienne Peppers	11	3				Hummus	110	18			
						w/ Ranch	140	1				w/ Ranch	140	1			

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
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	601	64	Yogurt & Granola Veggie Juice	180/220	38/48	Buffalo Chicken & Cheese Sandwich	264	29	Turkey & Cheese Croissant Sandwich	320	31	Turkey Ham & Cheese WG Sandwich	298	29
Baby Carrots w/ Ranch	35	8		50	13	Celery & Tomatoes w/ Ranch	11	2	Cucumber & Tomatoes w/ Ranch	12	3	Cauliflower Broccoli Hummus w/ Ranch	14	3
	140	1					140	1		140	1		110	18
				140	1								140	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	64	Chicken Patty Sandwich Baby Carrots w/ Ranch	342	36	Turkey Ham & Cheese Croissant Sandwich Grape Tomatoes w/ Ranch	348	31	Mini Sub w/ Lettuce & Tomato	276	28	Buffalo Chicken & Cheese Sandwich	314	31
	50	13		35	8		18	4		18	4	Celery Sticks & Hummus w/ Ranch	2	1
				140	1		140	1					110	18
													140	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	601	64	Yogurt & Granola Veggie Juice	180/220	38/48	Buffalo Chicken & Cheese Sandwich	264	29	Turkey & Cheese Croissant Sandwich	320	31	Turkey Ham & Cheese WG Sandwich	298	29
Baby Carrots w/ Ranch	35	8		50	13	Celery & Tomatoes w/ Ranch	11	2	Cucumber & Tomatoes w/ Ranch	12	3	Roasted Chickpeas	180	27
	140	1					140	1		140	1			

**Menu Key:** Cal = Calories Carb = Carbohydrates ~Beef \* Pork +Poultry <sup>v</sup> = Vegan WG = Whole Grain

**Assorted fruit and milk are available at every meal.**

FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20

**Standard Calorie/Carb Counts for Bread/Grains (calories/grams)**

- WG Hamburger Bun: 140 / 27
- WG Hot Dog Bun: 130 / 26
- WG Croissant: 190 / 29

This institution is an equal opportunity provider

Montgomery County Public Schools Division of Food and Nutrition Services.