

**MCPS Division of Food & Nutrition Services
BAG SUMMER 2022 – Breakfast/Lunch**

05/06/22

MONDAY 06-20-22	TUESDAY 06-21-22	WEDNESDAY 06-22-2	THURSDAY 06-23-22	FRIDAY 06-24-22		
BREAKFAST						
HOLIDAY	WG Cereal Bar^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
	Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	CP: Chicken Patty+ WG Sandwich	CP: Turkey Ham & Cheese+ WG Sandwich	CP: Chicken Ham+ & Cheese WG Croissant		
	(1) Veggie Juice	1 pkg Baby Carrots	(3) Grape Tomatoes w/ 1 oz Ranch	(3) Celery Sticks w/ Peanut Butter Cup ^P ▼		
	(1) Applesauce Cup	(1) Raisins	4 oz Fruit Punch	Fresh Fruit: Apples		
	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups ^P▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

+ Poultry Products ^ Meatless WG Whole Grain ▼ Vegan ~ Beef ^P Peanuts IW Individually Wrapped No Pork Products

Menu subject to change depending on product supply.

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**MCPS Division of Food & Nutrition Services
BAG SUMMER 2022 – Breakfast/Lunch**

05/06/22

MONDAY 06-27-22	TUESDAY 06-28-22	WEDNESDAY 06-29-2	THURSDAY 06-30-22	FRIDAY 07-01-22		
BREAKFAST						
WG Cereal Bar	Belgian WG Waffle^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
Milk	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	Nachos Kit: Cheddar Cup Cheese Stick WG Scoops	CP: Turkey Ham+ & Cheese on WG Sandwich	CP: Turkey+ & Cheese WG Croissant	CP: Chicken Patty +WG Sandwich		
1 pkg Baby Carrots	Salsa Cup	(3) Grape Tomatoes w/ 1 oz Ranch	(2) Celery Sticks & (2) Grape Tomatoes w/ 1 oz Ranch	½ c Broccoli Florets w/ 1 oz Ranch		
(1) Applesauce Cup	½ c Peaches	Fresh Fruit	4 oz Fruit Punch	Fresh Fruit:		
Milk	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups ▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups^P ▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

+ Poultry Products ^ Meatless WG Whole Grain ▼ Vegan ~ Beef ^P Peanuts IW Individually Wrapped No Pork Products

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05/06/22

MONDAY 07-04-22	TUESDAY 07-05-22	WEDNESDAY 07-06-22	THURSDAY 07-07-22	FRIDAY 07-08-22		
BREAKFAST						
		4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
HOLIDAY	Peanut Butter & Jelly WG Sandwich IWP ▼ OR Peanut Butter Kit P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	CP: Chicken Patty+ WG Sandwich	CP: Turkey Ham & Cheese+ WG Sandwich	CP: Chicken Ham & Cheese on WG Croissant		
	(1) Veggie Juice	1 pkg Baby Carrots	(3) Grape Tomatoes w/ 1 oz Ranch	(3) Celery Sticks w/ Peanut Butter Cup P ▼		
	(1) Applesauce Cup	(1) Raisins	4 oz Fruit Punch	Fresh Fruit: Peaches		
	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups ▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups P ▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

+ Poultry Products ^ Meatless WG Whole Grain ▼ Vegan ~ Beef P Peanuts IW Individually Wrapped No Pork Product

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BAG SUMMER 2022 – Breakfast/Lunch**

05/06/22

MONDAY 07-11-22	TUESDAY 07-12-22	WEDNESDAY 07-13-22	THURSDAY 07-14-22	FRIDAY 07-15-22		
BREAKFAST						
WG Cereal Bar	Belgian WG Waffle^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
Milk	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	Nachos Kit: Cheddar Cup Cheese Stick WG Scoops	CP: Turkey Ham+ & Cheese WG Sandwich	CP: Turkey+ & Cheese WG Croissant	CP: Chicken Ham & Cheese WG Sandwich		
1 pkg Baby Carrots	Salsa Cup	(3) Grape Tomatoes w/ 1 oz Ranch	(2) Celery Sticks & (2) Grape Tomatoes w/ 1 oz Ranch	½ c Broccoli Florets w/ 1 oz Ranch		
(1) Applesauce Cup	½ c Peaches	Fresh Fruit	4 oz Fruit Punch	Fresh Fruit:		
Milk	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups ^P ▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

+ Poultry Products ^ Meatless WG Whole Grain ▼ Vegan ~ Beef ^P Peanuts IW Individually Wrapped No Pork Products

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BAG SUMMER 2022 – Breakfast/Lunch**

05/06/22

MONDAY 07-18-22	TUESDAY 07-19-22	WEDNESDAY 07-20-22	THURSDAY 07-21-22	FRIDAY 07-22-22		
BREAKFAST						
WG Cereal Bar	Belgian WG Waffle^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
Milk	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	CP: Chicken Patty+ WG Sandwich	CP: Turkey Ham & Cheese on WG Croissant	CP Mini Sub: Turkey+, Turkey Ham+, Cheese on WG HD Roll	CP: Chicken Ham & Cheese on WG Croissant		
(1) Veggie Juice	1 pkg Baby Carrots	(3) Grape Tomatoes w/ 1 oz Ranch	Lettuce & Tomato Cup (for mini-sub)	(3) Celery Sticks w/ Peanut Butter Cup ^P ▼		
(1) Applesauce Cup	(1) Raisins	Fresh Fruit	4 oz Fruit Punch	Fresh Fruit: Apples		
Milk	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups ▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups ^P ▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

+ Poultry Products ^ Meatless WG Whole Grain ▼ Vegan ~ Beef ^P Peanuts IW Individually Wrapped No Pork Products

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BAG SUMMER 2022 – Breakfast/Lunch**

05/06/22

MONDAY 07-25-22	TUESDAY 07-26-22	WEDNESDAY 07-27-22	THURSDAY 07-28-22	FRIDAY 07-29-22		
BREAKFAST						
WG Cereal Bar	Belgian WG Waffle^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
Milk	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	Nachos Kit: Cheddar Cup Cheese Stick WG Scoops	CP: Turkey Ham+ & Cheese WG Sandwich	CP: Turkey+ & Cheese WG Croissant	CP: Chicken Ham & Cheese WG Sandwich		
1 pkg Baby Carrots	Salsa Cup	(3) Grape Tomatoes w/ 1 oz Ranch	(2) Celery Sticks & (2) Grape Tomatoes w/ 1 oz Ranch	½ c Broccoli Florets w/ 1 oz Ranch		
(1) Applesauce Cup	½ c Peaches	Fresh Fruit	4 oz Fruit Punch	Fresh Fruit:		
Milk	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups ▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups ^P ▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

+ Poultry Products ^ Meatless WG Whole Grain ▼ Vegan ~ Beef ^P Peanuts IW Individually Wrapped No Pork Products

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**MCPS Division of Food & Nutrition Services
BAG SUMMER 2022 – Breakfast/Lunch**

05/06/22

MONDAY 08-01-22	TUESDAY 08-02-22	WEDNESDAY 08-03-22	THURSDAY 08-04-22	FRIDAY 08-05-22		
BREAKFAST						
WG Cereal Bar	Belgian WG Waffle^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
Milk	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	CP: Chicken Patty+ WG Sandwich	CP: Turkey Ham & Cheese on WG Croissant	CP Mini Sub: Turkey+, Turkey Ham+, Cheese on WG HD Roll	CP: Chicken Ham & Cheese on WG Croissant		
(1) Veggie Juice	1 pkg Baby Carrots	(3) Grape Tomatoes w/ 1 oz Ranch	Lettuce & Tomato Cup (for mini-sub)	(3) Celery Sticks w/ Peanut Butter Cup ^P ▼		
(1) Applesauce Cup	(1) Raisins	Fresh Fruit	4 oz Fruit Punch	Fresh Fruit: Apples		
Milk	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups ▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups ^P ▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

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BAG SUMMER 2022 – Breakfast/Lunch**

05/06/22

MONDAY 08-08-22	TUESDAY 08-09-22	WEDNESDAY 08-10-22	THURSDAY 08-11-22	FRIDAY 08-12-22		
BREAKFAST						
WG Cereal Bar	Belgian WG Waffle^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
Milk	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	Nachos Kit: Cheddar Cup Cheese Stick WG Scoops	CP: Turkey Ham+ & Cheese WG Sandwich	CP: Turkey+ & Cheese WG Croissant	CP: Chicken Patty +WG Sandwich		
1 pkg Baby Carrots	Salsa Cup	(3) Grape Tomatoes w/ 1 oz Ranch	(2) Celery Sticks & (2) Grape Tomatoes w/ 1 oz Ranch	½ c Broccoli Florets w/ 1 oz Ranch		
(1) Applesauce Cup	½ c Peaches	Fresh Fruit	4 oz Fruit Punch	Fresh Fruit:		
Milk	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups ▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups ^P ▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

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05/06/22

MONDAY 08-15-22	TUESDAY 08-16-22	WEDNESDAY 08-17-22	THURSDAY 08-18-22	FRIDAY 08-19-22		
BREAKFAST						
WG Cereal Bar	Belgian WG Waffle^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
Milk	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	CP: Chicken Patty+ WG Sandwich	CP: Turkey Ham & Cheese on WG Croissant	CP Mini Sub: Turkey+, Turkey Ham+, Cheese on WG HD Roll	CP: Chicken Ham & Cheese on WG Croissant		
(1) Veggie Juice	1 pkg Baby Carrots	(3) Grape Tomatoes w/ 1 oz Ranch	Lettuce & Tomato Cup (for mini-sub)	(3) Celery Sticks w/ Peanut Butter Cup ^P ▼		
(1) Applesauce Cup	(1) Raisins	Fresh Fruit	4 oz Fruit Punch	Fresh Fruit: Nectarines		
Milk	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free)						
(1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free)						
(2) Hummus Cups▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups ^P▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS						
SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk			SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk			

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05/06/22

MONDAY 08-22-22	TUESDAY 08-23-22	WEDNESDAY 08-24-22	THURSDAY 08-25-22	FRIDAY 08-26-22		
BREAKFAST						
WG Cereal Bar	Belgian WG Waffle^	4 oz Yogurt ^ WG Grahams	WG Cereal^	WG Cinnamon Roll IW^		
4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice	4 oz Orange Juice	4 oz. Apple Juice		
Milk	Milk	Milk	Milk	Milk		
			Teaspoon			
LUNCH						
Peanut Butter & Jelly WG Sandwich IW ^P ▼ OR Peanut Butter Kit ^P ▼ Peanut Butter Cup Roast Chickpeas WG Grahams OR Non PBJ Alternative: Turkey+ & Cheese WG Sandwich IW	Nachos Kit: Cheddar Cup Cheese Stick WG Scoops	CP: Turkey Ham+ & Cheese WG Sandwich	CP: Turkey+ & Cheese WG Croissant	CP: Chicken Patty +WG Sandwich		
1 pkg Baby Carrots	Salsa Cup	(3) Grape Tomatoes w/ 1 oz Ranch	(2) Celery Sticks & (2) Grape Tomatoes w/ 1 oz Ranch	½ c Broccoli Florets w/ 1 oz Ranch		
(1) Applesauce Cup	½ c Peaches	Fresh Fruit	4 oz Fruit Punch	Fresh Fruit:		
Milk	Milk	Milk	Milk	Milk		
BREAKFAST (Gluten Free) (1) Blueberry or Cinnamon WG Chex, ½ c Juice & Milk						
LUNCH (Gluten Free) (2) Hummus Cups ▼ OR (2) Cheese Sticks^, OR (2) Peanut Butter Cups ^P ▼, (1) WG Tostitos Scoops, (1) Veg Choice, ½ c Fruit Juice, Milk						
MEAL REQUIREMENTS SFSP Breakfast: 1 Grain, ½ cup Fruit/Veg, Milk SFSP Lunch: 2 Meat/Meat Alternate, 1 Grain, ¾ cup Fruit/Veg, Milk						

+ Poultry Products ^ Meatless WG Whole Grain ▼ Vegan ~ Beef ^P Peanuts IW Individually Wrapped No Pork Product

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