

# PRE-K HEAD START SCHOOL MENU

# AUGUST-SEPTEMBER 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	Chicken Biscuit WG Sandwich	250	31	Turkey Ham+ & Cheese on a Hawaiian Bun	270	30	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	16	Cheese Stick	59	1
												Apple Juice	60	16

## LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
08/28	08/28	08/28	08/28	09/01

## No Head-Start This Week

09/04	09/05	09/06	09/07	09/08
<b>Holiday</b> 	Grilled Cheese WG Sandwich Baby Carrots w/ Ranch	280 31 35/55 8/3	Chicken Nuggets w/ Crinkle Cut Potatoes & Roll	419 45
			Spaghetti & Meatballs~ Tossed Salad w/ Ranch	393 43 20/55 4/3
				Cheese Pizza Assorted Fresh Veggies w/ Ranch
				320/330 31 14/55 3/3
09/11	09/12	09/13	09/14	09/15
Chicken WG Bites w/ Corn & Green Beans	Hamburger on WG Bun~ w/ Crinkle Cut Potatoes	353 41 404 42	BBQ Pulled Chicken Sandwich w/Corn	377 50
			Crunchy Beef Taco~ w/ Green Beans & WG Scoops	238 31
				Cheese Pizza Assorted Fresh Veggies w/ Ranch
				320/330 31 14/55 3/3
09/18	09/19	09/20	09/21	09/22
Teriyaki Beef Bites~ w/ Veg Rice & Roll	Meatball Sub~ w/ Crinkle Cut Potatoes	459 73 278 31	Turkey Frank+ on a Bun w/ Ranchero Beans	445 56
			Chik'n WG Nuggets <sup>v</sup> w/ Corn & Green Beans & Roll	363 47
				Cheese Pizza Assorted Fresh Veggies w/ Ranch
				320/330 31 14/55 3/3
09/25	09/26	09/27	09/28	09/29
<b>No School Day</b> 	Hamburger on WG Bun w/Crinkle Cut Potatoes	404 42	Pancakes & Syrup w/ Yogurt & Cheese Stick	210/240 35/62 180/59 38/1
			Baby Carrots w/ Ranch	35/55 8/3
			Crunchy Beef Taco~ w/ Corn & Green Beans & WG Scoops	264 38
				Cheese Pizza Assorted Fresh Veggies w/ Ranch
				320/330 31 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

<p>Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry <sup>v</sup>Vegan WG = Whole Grain</p>	<p>Standard Calorie/Carb Counts for Bread/Grains (calories/grams)</p> <ul style="list-style-type: none"> <li>Dinner Roll: 80 / 15</li> <li>Hamburger Bun: 140 / 27</li> <li>Hot Dog Bun: 130 / 26</li> <li>Scoops: 110 / 19</li> </ul>
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Montgomery County Public Schools Division of Food and Nutrition Services