

# SUMMER CAFE MENU

# 2023

## BREAKFAST

	Cal	Carb		Cal	Carb		Cal	Carb		Cal	Carb		Cal	Carb
Beef Sausage Pancake Sandwich	143	15	Turkey Ham & Cheese on Hawaiian Bun	186	27	Mini Pancakes w/ Syrup	210	35	Beef Sausage Mini Bagel Sandwich	235	26	Maryland Made Cinnamon Roll & Cheese Stick	232	38
Apple Juice	60	14	Orange Juice	35	9	Peanut Butter Cup	200	7	Orange Juice	35	9	Apple Juice	60	14
						Apple Juice	60	14						

## LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
				<b>06/28</b>	<b>Cal</b>	<b>Carb</b>	<b>06/29</b>	<b>Cal</b>	<b>Carb</b>	<b>06/30</b>	<b>Cal</b>	<b>Carb</b>		
				Spicy Chicken	217	16	Cheeseburger Sliders	272	29	Cheese Pizza	320	36		
				Tenders w/ Scoops	110	19	Baked Fried Potatoes	110	17	Baby Carrots	35	8		
				Salsa	45	8								
<b>07/03</b>	<b>Cal</b>	<b>Carb</b>	<b>07/04</b>	<b>Cal</b>	<b>Carb</b>	<b>07/05</b>	<b>Cal</b>	<b>Carb</b>	<b>07/06</b>	<b>Cal</b>	<b>Carb</b>	<b>07/07</b>	<b>Cal</b>	<b>Carb</b>
Chicken WG Nuggets	247	24	<b>HOLIDAY</b>			Hamburger	305	28	Chicken Drumstick	297	24	Cheese Pizza	320	36
Roasted Chickpeas	180	27				Veggie Juice	50	13	w/ Scoops	110	19	Baby Carrots	35	8
						Salsa	45	8	Salsa	45	8			
<b>07/10</b>	<b>Cal</b>	<b>Carb</b>	<b>07/11</b>	<b>Cal</b>	<b>Carb</b>	<b>07/12</b>	<b>Cal</b>	<b>Carb</b>	<b>07/13</b>	<b>Cal</b>	<b>Carb</b>	<b>07/14</b>	<b>Cal</b>	<b>Carb</b>
Chicken Patty Sandwich	342	36	Turkey Frank on WG Bun	260	27	Spicy Chicken	217	16	Cheeseburger Sliders	272	29	Cheese Pizza	320	36
Roasted Chickpeas	180	27	Baby Carrots	35	8	Tenders	110	19	Baked Fried Potatoes	110	17	Celery Sticks	112	18
						w/ Scoops	45	8				w/ Hummus		
						Salsa	45	8						
<b>07/17</b>	<b>Cal</b>	<b>Carb</b>	<b>07/18</b>	<b>Cal</b>	<b>Carb</b>	<b>07/19</b>	<b>Cal</b>	<b>Carb</b>	<b>07/20</b>	<b>Cal</b>	<b>Carb</b>	<b>07/21</b>	<b>Cal</b>	<b>Carb</b>
Chicken WG Nuggets	247	24	Hamburger on WG Bun	305	28	Chicken Drumstick	297	24	Grilled Cheese	280	30	Cheese Pizza	320	36
Grape Tomatoes	119	19	Veggie Juice	50	13	w/ Scoops	110	19	Sandwich	110	19	Baby Carrots	35	8
w/ Hummus						Salsa	45	8	Baked Fried Potatoes	110	19			
<b>07/24</b>	<b>Cal</b>	<b>Carb</b>	<b>07/25</b>	<b>Cal</b>	<b>Carb</b>	<b>07/26</b>	<b>Cal</b>	<b>Carb</b>	<b>07/27</b>	<b>Cal</b>	<b>Carb</b>	<b>07/28</b>	<b>Cal</b>	<b>Carb</b>
Chicken Patty Sandwich	342	36	Turkey Frank on WG Bun	260	27	Spicy Chicken	217	16	Cheeseburger Sliders	272	29	Cheese Pizza	320	36
Roasted Chickpeas	180	27	Baby Carrots	35	8	Tenders w/ Scoops	110	19	Baked Fried Potatoes	110	17	Celery Sticks	112	18
						Salsa	45	8				w/ Hummus		
<b>07/31</b>	<b>Cal</b>	<b>Carb</b>	<b>08/01</b>	<b>Cal</b>	<b>Carb</b>	<b>08/02</b>	<b>Cal</b>	<b>Carb</b>	<b>08/03</b>	<b>Cal</b>	<b>Carb</b>	<b>08/04</b>	<b>Cal</b>	<b>Carb</b>
Chicken WG Nuggets	247	24	Hamburger on WG Bun	305	28	Chicken Drumstick	297	24	Grilled Cheese	280	30	Cheese Pizza	320	36
Grape Tomatoes	119	19	Veggie Juice	50	13	w/ Scoops	110	19	Sandwich	110	19	Baby Carrots	35	8
w/ Hummus						Salsa	45	8	Baked Fried Potatoes	110	19			
<b>08/07</b>	<b>Cal</b>	<b>Carb</b>	<b>08/08</b>	<b>Cal</b>	<b>Carb</b>	<b>VEGETARIAN OPTIONS:</b> Plant based and meatless entrees available include Chik'n WG Nuggets <sup>v</sup> (247 cal / 24 carb), Hummus Cups <sup>v</sup> (220 cal / 18 carb), Cheese Sticks (118 cal / 2 carb) and Peanut Butter and Jelly Sandwiches <sup>v</sup> (601 cal / 64 carb). Please check with the cafeteria manager.								
Chicken Patty Sandwich	342	36	Spicy Chicken Tenders	217	16									
Roasted Chickpeas	180	27	w/ Scoops	110	19									
			Salsa	45	8									

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry v = 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

This institution is an equal opportunity provider.

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

- Hamburger Bun: 140 / 27
- Hot Dog Bun: 130 / 26
- Scoops: 110 / 19

Montgomery County Public Schools Division of Food and Nutrition Services