

# ELEMENTARY SCHOOL MENU

# DECEMBER 2024

## BREAKFAST

WEEK 1: Serving week of 12/2, 12/16, 12/30

	CAL   CARB			CAL   CARB			CAL   CARB			CAL   CARB			CAL   CARB	
Belgian Waffle w/ Syrup	200/120	35/31	WG Bagel w/ cream cheese or jelly	259	44	4 French Toast Sticks w/ Syrup	272/120	35/31	Sm Fruit & Yogurt Parfait w/ granola	239	52	Maryland Made Cinnamon Roll	232	38
Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14	Orange Juice	35	9	Apple Juice	60	14

WEEK 2: Serving week of 12/9, 12/23

	CAL   CARB			CAL   CARB			CAL   CARB			CAL   CARB			CAL   CARB	
Mini Pancakes w/Syrup	210/120	35/31	Mini Strawberry Bagel	240	41	Banana Bread	371	53	Turkey Ham+ & Cheese Breakfast Sandwich	215	29	Maryland Made Cinnamon 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		
12/02			12/03			12/04			12/05			12/06		
Hamburger w/ Crinkle Cut Potatoes <i>OR</i>	251	16	Teriyaki Beef Bites w/ Veg Rice & Roll <i>OR</i>	451	71	Chik'N WG Nuggets w/ Green Beans & Corn & WG Dinner Roll <i>OR</i>	342	49	Chicken WG Nuggets w/ Blueberry Bread <i>OR</i>	411	38	Pizza, Cheese^ or Pepperoni+~ <i>OR</i>	320/330	31
BBQ Turkey Sandwich w/ Corn	218	27	4 oz Yogurt^ Cheese Stick^ WG Mini Pancakes w/ Syrup	350	51	Chicken Patty WG Sandwich	342	36	Chicken Enchilada Empanada	300	36	Turkey Ham & Cheese Croissant Sandwich	349	32
Baby Carrots w/Ranch	35/55	8/3	Roasted Chickpeas	180	27	Tossed Salad w/Ranch	20/55	4/3	Tossed Salad w/Ranch	20/55	4/3	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	4/55	1/3									
12/09			12/10			12/11			12/13			12/14		
Mini Chicken Bites w/ Seasoned Potatoes & Dinner Roll <i>OR</i>	467	55	Mini Beef Franks w/ Ranchero Beans Mini WG Buns <i>OR</i>	416	45	French Toast Sticks w/ Sausage* & Syrup <i>OR</i>	591	26	Chik'N WG Nuggets^ w/ Mac & Cheese & Dinner Roll <i>OR</i>	522	53	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
3 - Bean Chili^ w/ Corn & Scoops	292	57	Veggie Burger w/ Sweet Potatoes & Hamburger Bun	357	56	Cheesy Pull Aparts^ w/ Marinara Cup	303	32	Beef Crisp Ups w/ Salsa & Sour Cream	362	24	Sliced Buffalo Chicken & Cheese Croissant Sandwich	314	31
Grape Tomatoes w/ Ranch	18/55	4/3	Roasted Chickpeas	180	27	Spinach, Romaine and Craisin Salad	64	12	Spinach, Romaine and Craisin Salad	64	12	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Celery Sticks w/ Ranch	4/55	1/3	Mixed Bell Pepper Strips	11	3	Baby Carrots w/Ranch	35/55	8/3			
12/16			12/17			12/18			12/19			12/20		
Hamburger w/ Crinkle Cut Potatoes <i>OR</i>	251	16	Cheese Crunchers^ w/ Marinara Cup <i>OR</i>	483	54	Spicy Chicken Tenders w/ Seasoned Potatoes & Dinner Roll <i>OR</i>	435	56	Crunchy Beef Taco w/ Corn & Edamame Shredded Cheese WG Scoops	172	23	Pizza, Cheese or Pepperoni+~ <i>OR</i>	320/330	31
BBQ Turkey Sandwich w/ Corn	218	27	Chicken Patty WG Sandwich	342	36	4 oz Yogurt^ Cheese Stick^ WG Mini Pancakes w/ Syrup	350	51	Chik'N WG Nuggets^ w/ Green Beans & Dinner Roll	320	44	Turkey Ham & Cheese Croissant Sandwich	349	32
Grape Tomatoes w/ Ranch	18/55	4/3	Baby Carrots w/Ranch	35/55	8/3	Tossed Salad w/Ranch	20/55	4/3	Hummus Cup	110	18	Assorted Fresh Veggies w/ Ranch	14/55	3/3
Crinkle Cut Potatoes	99	15	Hummus Cup	110	18				Celery Sticks w/ Ranch	4/55	1/3			

## LUNCH

**MONDAY**

12/23

**TUESDAY**

12/24

**WEDNESDAY**

12/25

**THURSDAY**

12/26

**FRIDAY**

12/27

# NO SCHOOL WINTER BREAK

Assorted fruit and milk are available at every meal.  
Paid Meal Prices: Breakfast \$1.30 Lunch \$2.55

Assorted fruit: Calories 20–127; Carbs 7–33

Milk: Calories 90–120; Carbs 12–20

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 <sup>v</sup>Vegan <sup>^</sup>Meatless WG=Whole Grain

Additional Vegan/Vegetarian options include:

Peanut butter & jelly sandwich, grilled cheese sandwich, waffle & yogurt, hummus, and fruit and yogurt parfait.

Please let your cafeteria manager know if you are interested in ordering any of these options.

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 Scoops:110 / 19

Walking Taco Corn Chips:240 / 24

**MySchoolBucks.com** is a service for parents to make prepayments to their child's cafeteria meal account via the Internet with a credit/debit card. Parents can also check meal account balances, sign up for reoccurring payments, and much more. This service is offered as a convenience for interested families. By creating a secure online account, parents can manage their child's account. Go to **MySchoolBucks.com** to register.

### DAILY ALTERNATIVES/NUTRITION INFORMATION

Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. Please check with your school cafeteria manager for your options.

Please check the website for menu changes in the event of a change to the school schedule. Nutrition, allergen, and gluten free information is available on the web at

[www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/](http://www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/)

Please note that the calculated calories of some main choices may include a whole grain item that has a calorie range of 70–180 calories.

