

PRE-K HEAD START SCHOOL MENU

OCTOBER 2024

BREAKFAST

WEEK 1: Serving week of 10/7, 10/21

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

WEEK 2: Serving week of 9/30, 10/14, 10/28

CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB						
Mini Pancakes w/Syrup Apple Juice	210/120 60	35/31 14	Mini Strawberry Bagel Orange Juice	240 35	41 9	Banana Bread Apple Juice	371 60	53 14	Turkey Ham+ & Cheese on a Hawaiian Bun Orange Juice	215 35	29 9	Maryland Made Cinnamon Roll Apple Juice	232 60	38 14

LUNCH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY								
9/30		10/01		10/02		10/03		10/04								
4oz Yogurt Cheese Stick	140	16	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206	23	Chik'n Nuggets ^v w/ Mac & Cheese & Roll	513	36	Pizza, Cheese [^]	320/330	31	NO SCHOOL				
French Toast Sticks w/ Cinnamon Spiced Apples w/ Syrup	284	46		240	24		80	15								
Roasted Chickpeas	180	27				Baby Carrots w/Ranch	35/55	8/3				Spinach, Romaine & Craisin Salad w/ Dressing	64	12		
10/07		10/08		10/09		10/10		10/11								
BBQ Turkey Sandwich w/ corn	218	27	4oz Yogurt Cheese Stick WG Mini Pancakes w/ Syrup Baby Carrots w/Ranch	350	51	Cheese Crunchers [^] w/ Marinara Sauce	485	54	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops	184	23	Pizza, Cheese [^]	320/330	31		
				35/55	8/3					110	19			Spinach, Romaine & Craisin Salad w/ Dressing	64	12
10/14		10/15		10/16		10/17		10/18								
Mini Chicken Bites w/ Seasoned Potatoes & Roll	389	40	Teriyaki Beef Bites w/ Veg Rice & Roll	373	56	Chik'N WG Nuggets w/ Green Beans & Roll	277	31	Pizza, Cheese [^]	320/330	31	PROFESSIONAL DAY NO SCHOOL				
Grape Tomatoes w/ Ranch	80	15					80	15								
			Baby Carrots w/Ranch	35/55	8/3	Tossed Salad w/Ranch	20/55	4/3	Mixed Bell Pepper Strips	11	3					
10/21		10/22		10/23		10/24		10/25								
Hamburger w/Crinkle Cut Potatoes	251	16	Turkey Sausage & Cheese Egg Bites w/ Seasoned Potatoes WG Belgian Waffle	379	31	Cheese Lasagna [^] & Marinara Sauce w/Roll	587	64	Crunchy Beef Taco w/ Corn & Edamame w/ Scoops	184	23	Pizza, Cheese [^]	320/330	31		
				240	34		80	15		110	19			Assorted Fresh Veggies w/ Ranch	14/55	3/3
						Tossed Salad w/Ranch	20/55	4/3								
10/28		10/29		10/30		10/31		11/01								
4oz Yogurt Cheese Stick	140	16	Chicken Walking Taco w/ Corn & Walking Taco Corn Chips	206	23	Chik'N Nuggets ^v w/ Cheesy Spinach	378	33	Chicken WG Nuggets w/ Blueberry Bread	184	23	Pizza, Cheese [^]	320/330	31		
French Toast Sticks w/ Cinnamon Spiced Apples w/ Syrup	284	46		240	24											
Roasted Chickpeas	180	27				Baby Carrots w/Ranch	35/55	8/3	Spinach, Romaine & Craisin Salad w/ Dressing	64	12	Assorted Fresh Veggies w/ Ranch	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 Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry vVegan ^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.

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



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services