

PRE-K HEAD START 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 on WG bun	251	16	4 oz Yogurt^ Cheese Stick^ WG Mini Pancakes w/ Syrup Baby Carrots w/Ranch	350	51	Chik'N WG Nuggets w/ Green Beans & Corn	264	35	Chicken WG Nuggets w/ Blueberry Bread	411	38	Pizza, Cheese^	320/330	31
				120	31				Side Salad	21	4	Assorted Fresh Vegetables	14	3
				35/55	8/3									
12/09			12/10			12/11			12/13			12/14		
Mini Chicken Bites w/ Seasoned Potatoes	389	40	Mini Beef Franks w/ Ranchero Beans (2) Mini WG Buns	416	45	Cheesy Pull Aparts ^ w/ Marinara Cup	303	32	Chik'N WG Nuggets w/ Mac & Cheese	444	39	Pizza, Cheese^	320/330	31
						Spinach, Romaine, & Craisin Salad	185	26	Baby Carrots w/Ranch	35/55	8/3	Assorted Fresh Vegetables	14	3
12/16			12/17			12/18			12/19			12/20		
Hamburger w/ Crinkle Cut Potatoes on WG bun	251	16	Cheese Crunchers^ w/ Marinara Cup	483	54	4 oz Yogurt^ Cheese Stick^ WG Mini Pancakes w/ Syrup	350	51	Crunchy Beef Taco w/ Corn & Edamame	172	23	Pizza, Cheese^	320/330	31
				40	7				½ oz Shredded Cheese	56	1			
									WG Tostitos Scoops	110	19	Assorted Fresh Vegetables	14	3
				35/55	8/3									
12/23			12/24			12/25			12/26			12/27		

NO SCHOOL ❄️ WINTER BREAK

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