

Montgomery County Public Schools

Smith Center Menu

BREAKFAST

DAY 1	DAY 2	DAY 3
Group Arrival	Turkey Ham & Cheese on WG Croissant 33g CHO Egg Patty & Cheese on WG Bun 29g CHO Assorted Fresh Fruit Depends, usually ~15g CHO Juice (4 oz. Apple) or (4 oz. Orange) 14g CHO Milk (1% or Fat Free), Fat Free Chocolate 12g CHO 20g CHO Vegetarian: WG Cereal	French Toast & Syrup 4 sticks = 35g CHO / Syrup 31g CHO each Sausage Patty Assorted Fresh Fruit Depends, usually ~15g CHO Juice (4 oz. Apple) or (4 oz. Orange) 14g CHO Milk (1% or Fat Free), Fat Free Chocolate 12g CHO 20g CHO Vegetarian: WG Cereal

LUNCH

DAY 1	DAY 2	DAY 3
Students arrive & bring their lunches	Hamburger on Bun (Sept-Nov. & Apr June) #=\ Hot Dog on Bun (Sept-Nov. & Apr.-June) #=\ Lettuce/Sliced Tomato Soup & WG Grilled Cheese Sandwich (Dec-March) Baked Fries 17g CHO Assorted Fresh Fruit Depends, usually ~15g CHO Milk (1% or Fat Free), Fat Free Chocolate 12g CHO 20g CHO Vegetarian: WG Grilled Cheese Sandwich 30g CHO	WG Pizza, Pepperoni or Cheese 31 g CHO Assorted Fresh Fruit Depends, usually ~15g CHO Milk (1% or Fat Free), Fat Free Chocolate 12g CHO 20g CHO

DINNER

DAY 1	DAY 2	SNACK Both Days
Chicken WG Drumstick 5g CHO w/ BBQ Dipping Sauce 16g CHO 1/4 cup Mashed Potatoes & Gravy 19g CHO Veggie Bar WG Dinner Roll #=\ Milk (1% or Fat Free), Fat Free Chocolate Milk 12g CHO 20g CHO Vegetarian: WG Cheese Crunchers w/ Marinara Sauce 51g	Spaghetti w/ Meatballs 56g CHO Veggie Bar WG Flatbread Mini: 13g each Parmesan Cheese Milk (1% or Fat Free), Fat Free Chocolate 12g CHO 20g CHO Vegetarian: Spaghetti w/ Meatless Marinara Sauce 54g	WG Cookies: Sugar, Chocolate Chip, Double Chocolate, Oatmeal Raisin 32g-33g CHO Milk (1% or Fat Free), Fat Free Chocolate 12g CHO 20g CHO

LUNCH & DINNER VEGGIE BAR

Baby Carrots Baby Spinach Kidney Beans Chickpeas	Chopped Romaine Grape Tomatoes Ranch, Salsa Ranch & Caesar Dressings Onions	Broccoli Cucumbers Cauliflower Peppers
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