

# Baltimore County Public Schools - Office of Food and Nutrition Services

## April 19-April 30, 2021—School Menu

Menu is subject to change. Please read carefully and prepare each item according to proper instructions. This Institution is an Equal Opportunity Provider.

Monday, April 19, 2021	Tuesday, April 20, 2021	Thursday, April 22, 2021	Friday, April 23, 2021
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<b>Crunchmania</b> (G, D, S; 37 gms CHO) <b>Buddy Fruit</b> , (19 gms CHO). <b>White Milk</b> ^^	<b>Banana Bread</b> (G, E, S, D; 44 gms CHO) <b>Craisins</b> , (28 gms CHO) <b>White Milk</b> ^^	<b>Banana Bread</b> (G, E, S, D; 44 gms CHO) <b>Apple Slices</b> (8 gms CHO) <b>White Milk</b> ^^	<b>Cinnamon Roll</b> (G, S; 38 gms CHO), <b>Juice*</b> , <b>White Milk</b> ^^
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<b>Beef &amp; Cheese Taco Stick</b> (G, D, S; 32 gms CHO), <b>Salsa Cup</b> (2 gms CHO) <b>Mixed Fruit Cup</b> , (19 gms CHO), <b>Chocolate Milk</b> ^^	<b>Pizza</b> (G, S, D; 30 gms CHO), <b>Cherry Tomatoes</b> (5 gms CHO) <b>Pineapple Cup</b> , (18 gms CHO) <b>Chocolate Milk</b> ^^	<b>Ham (Turkey) &amp; Cheese on a Roll</b> (G, D, S; 29 gms CHO) <b>Fresh Broccoli</b> (4 gms CHO) <b>Peach Cup</b> , (19 gms CHO) <b>Chocolate Milk</b> ^^	<b>Pizza</b> (G, S, D; 30 gms CHO), <b>Baby Carrots</b> (4 gms CHO) <b>Applesauce Cup</b> , (14 gms CHO) <b>Chocolate Milk</b> ^^
Monday April 26, 2021	Tuesday April 27, 2021	Thursday April 29, 2021	Friday April 30, 2021
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<b>Breakfast Break, **</b> <b>White Milk</b> ^^	<b>Chocolate Chip Muffin</b> (G, S, E, D; 49 gms CHO) <b>Buddy Fruit</b> , (19 gms CHO) <b>White Milk</b> ^^	<b>Banana Bread</b> (G, E, S, D; 44 gms CHO) <b>Juice*</b> <b>White Milk</b> ^^	<b>Chocolate Chip Muffin</b> (G, S, E, D; 49 gms CHO) <b>Apple Slices</b> (8 gms CHO) <b>White Milk</b> ^^
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<b>Chicken Drumstick</b> (G; 5 gms CHO) <b>Cornbread Muffin</b> (G, D, S, E; 23 gms CHO), <b>Gold Rush Juice</b> , (10 gms CHO) <b>Applesauce Cup</b> , (14 gms CHO) <b>Chocolate Milk</b> ^^	<b>Mozzarella Dippers</b> (G, D, S; 32 gms CHO) <b>Marinara Cup</b> (10 gms CHO) <b>Pear Cup</b> , (19 gm CHO) <b>Chocolate Milk</b> ^^	<b>Lasagna Roll Up</b> (G, D; 27 gms CHO) <b>Garlic Breadstick</b> (G, D, S; 25 gms CHO) <b>Fresh Broccoli</b> (4 gms CHO) <b>Peach Cup</b> , (19 gms CHO) <b>Chocolate Milk</b> ^^	<b>Chicken Tenders</b> (G, S; 16 gms CHO) <b>Cornbread Muffin</b> (G, D, S, E; 23 gms CHO) <b>Tropical Trio Frz Veg Juice</b> (10 gms CHO) <b>Mixed Fruit Cup</b> , (19 gms CHO) <b>Chocolate Milk</b> ^^

Allergens: G (Gluten/Wheat) No nuts or fish. No pork; D (Dairy); S (Soy); E (Egg)

- > \*Juice: Orange, (9 gms CHO), Apple, (14 gms CHO)
- > ^^Milk: White Milk (D; 11 gms CHO); Chocolate Milk (D; 20 gms CHO)
- > Ranch Dressing: (D, E; 1 gm CHO)
- > Breakfast Boat is Turkey sausage crumbles, egg, and cheese on a whole grain bread. (G, D, S, E; 25 gms CHO),
- > ^Meal Break, Sun Butter and Jelly consists of: Sun Butter (7 gms CHO) Cheese Stick, (D; 2 gms CHO) Raisins (29 gms CHO), Vegetable Juice (16 gms CHO), Wheat Crackers (G, D; 19 gms CHO), Jelly (18 gms CHO)
- > ^Meal Break, Cheese, Beef Stick consists of: Cheese stick (D, 2 gms CHO), Beef stick, (0 CHO), Vegetable juice (16 gms CHO) Applesauce (15 gms CHO) and Cheese-It crackers (G, S 14 gms CHO)
- > \*\*\*Anytimer, Ham and Cheese consists of: Ham (turkey) (No CHO), Crackers (W, S; 11 gms CHO), Choc Chip Chortles (W, E, D, S: 20 gms CHO), and Cheese (D, S; 2 gms CHO)
- > \*\*\*Anytimer, Turkey and Cheese consists of: Turkey, (1 gm CH) Crackers (S; 11 gm CHO), Choc Chip Chortles (W, E, D, S: 20 gms CHO), and Cheese (D, S; 2 gms CHO)
- > \*\*\*Breakfast Breaks consists of: either Cheerios Cereal Bar (G, S; 30 gms CHO), apple juice, (15 gms CHO), grahams, cinnamon (G, E, D, S; 18 gms CHO) or Cinnamon Toast Cereal Bar (G, S; 30 gms CHO), pear juice, (15 gms CHO), animal crackers (G, E, S; 20 gms CHO) or Cinnamon Toast Cereal (G, S; 22 gms CHO), apple juice, (15 gms CHO), grahams, cinnamon (G, E, D, S; 18 gms CHO) or Golden Grahams Cereal (G 24 gms CHO), apple juice, (15 gms CHO), animal crackers (G, E, S; 20 gms CHO)