

Baltimore County Public Schools - Office of Food and Nutrition Services

April 5-April 16, 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.

| Tuesday, April 6, 2021 | Wednesday, April 7, 2021 | Thursday, April 8, 2021 | Friday, April 9, 2021 |
|---|--|---|---|
| <u>Breakfast</u> | <u>Breakfast</u> | <u>Breakfast</u> | <u>Breakfast</u> |
| Breakfast Break, ** White Milk^^ | Oatmeal Chip Bar (G, E, D, S; 47 gms CHO) Juice* White Milk^^ | Banana Bread (G, E, S, D; 44 gms CHO), Juice* White Milk^^ | Oatmeal Chip Bar (G, E, D, S; 47 gms CHO) Juice* White Milk^^ |
| <u>Lunch</u> | <u>Lunch</u> | <u>Lunch</u> | <u>Lunch</u> |
| ^Meal Break Chocolate Milk^^ | Chicken Patty (G, S; 9 gms CHO) w/ Hamburger Bun (G, S; 15 gms CHO) Tropical Trio Frz Veg Juice , (10 gms CHO) Applesauce Cup , (14 gms CHO), Chocolate Milk^^ | Pizza (G, D, S; 30 gms CHO) Baby Carrots (4 gms CHO) Mixed Fruit Cup , (19 gms CHO) Chocolate Milk^^ | Chicken Patty (G, S; 9 gms CHO) w/ Hamburger Bun (G, S; 15 gms CHO) Tropical Trio Frz Veg Juice , (10 gms CHO) Applesauce Cup , (14 gms CHO), Chocolate Milk^^ |
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| Monday, April 12, 2021 | Tuesday, April 13, 2021 | Thursday, April 15, 2021 | Friday, April 16, 2021 |
| <u>Breakfast</u> | <u>Breakfast</u> | <u>Breakfast</u> | <u>Breakfast</u> |
| Breakfast Break, ** White Milk ^^ | Crunchmania (G, D, S) 37 gms CHO), Buddy Fruit , (19 gms CHO) White Milk^^ | Chocolate Chip Muffin (G, S, E, D; 49 gms CHO) Apple Slices (8 gms CHO) White Milk^^ | Banana Bread , (G, E, S, D; 44 gms CHO) Juice* White Milk^^ |
| <u>Lunch</u> | <u>Lunch</u> | <u>Lunch</u> | <u>Lunch</u> |
| ***Anytimer Sea Salt Chickpeas Peach Cup , (19 gms CHO) Chocolate Milk^^ | Chicken Nuggets (G, S; 16 gms CHO) Cornbread Muffin (G, E, M, S: 23 gms CHO) Baby Carrots (4 gms CHO) Mixed Fruit Cup , (19 gms CHO) Chocolate Milk^^ | Hot Dog (1 gm CHO) on Roll (G, S; 15 gms CHO) Broccoli (2 gms CHO) Applesauce Cup , (14 gms CHO), Chocolate Milk^^ | Pizza (G, S, D; 30 gms CHO) Cherry Tomatoes (5 gms CHO) Pear Cup , (19 gms CHO) Chocolate Milk^^ |

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 gms 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)