

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