

MIDDLE SCHOOL MENU

APRIL 2024

MONDAY 04/01/2024 **TUESDAY** 04/02/2024 **WEDNESDAY** 04/03/2024 **THURSDAY** 04/04/2024 **FRIDAY** 04/05/2024

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

HOLIDAY	Incredible Unstuffed Potato	649	71	Korean BBQ Chicken Drumstick w/ Rice	387	48	Chicken & Waffle Flatbread Sandwich	522	74	Meatball Sub	379	39
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PLANT-BASED & PLANT-FORWARD ENTRÉES

	Korean BBQ Chik'N w/Rice ^v	391	55	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/ Chik'N Nuggets ^v	438	46	Veggie Burger ^v	280	36
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FROM THE FARMS

	Taco Salad	481	60	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^v	448	63
	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
	Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26

FAN Favorites

	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
	French Toast Sticks w/ Sausage & Syrup	433	41	Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

	PB&J Sandwich ^v	600	64	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan

Paid Meal Prices: Breakfast \$1.30 Lunch \$2.80
All meals are free for students who qualify for Free or Reduced priced meals.



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU

APRIL 2024

MONDAY 04/08/2024 **TUESDAY 04/09/2024** **WEDNESDAY 04/10/2024** **THURSDAY 04/11/2024** **FRIDAY 04/12/2024**

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

Mandarin Orange Chicken w/ Veg Rice	430	73	Penne w/Meatballs~ & Marinara	467	56	HOLIDAY	Cheese Lasagna Marinara w/ Roll	593	65	Beef Nachos w/ Salsa, Lettuce & Tomatoes	499	48
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^V	280	36	Spicy Chik'N Street Tacos ^V w/ Salsa, Lettuce & Tomatoes	428	56		Chik'N Nuggets Bowl ^V & Rolls	568	83	Protein Packed Pasta ^V	445	55
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FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad ^V	381	65	Taco Salad	481	60	Spicy Chicken Entrée Salad	521	55
Baked Fries	110	17	Seasoned Potatoes	140	25	Baked Fries	110	17	Roasted Corn	107	19
Chili Soup	182	26	Broccoli Cheese Soup	206	20	Tomato Soup	155	23	Chili Soup	182	26
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Chik'N Nuggets	519	59	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^V	600	64	PB&J Sandwich ^V	600	64	Fruit & Yogurt Parfait	438	94
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MIDDLE SCHOOL MENU

APRIL 2024

MONDAY 04/15/2024 **TUESDAY 04/16/2024** **WEDNESDAY 04/17/2024** **THURSDAY 04/18/2024** **FRIDAY 04/19/2024**

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

Mac & Cheese w/Chicken Bites & Roll	419	40	Incredible Unstuffed Potato	649	71	Korean BBQ Chicken Drumstick w/ Rice	387	48	Chicken & Waffle Flatbread Sandwich	522	74	Meatball Sub	379	39
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Chik'N & Waffle ^v Flatbread Sandwich	280	36	Korean BBQ Chik'N w/Rice ^v	391	55	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/ Chik'N Nuggets ^v	438	46	Veggie Burger ^v	280	36
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FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Taco Salad	481	60	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^v	448	63
Baked Fries	110	17	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Chili Soup	182	26	Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Sausage & Syrup	532	66	Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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MIDDLE SCHOOL MENU

APRIL 2024

MONDAY 04/22/2024 **TUESDAY** 04/23/2024 **WEDNESDAY** 04/24/2024 **THURSDAY** 04/25/2024 **FRIDAY** 04/26/2024

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

NO SCHOOL DAY	Penne w/Meatballs~ & Marinara	467	56	BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	448	55	Cheese Lasagna Marinara w/ Roll	593	65	Beef Nachos w/ Salsa, Lettuce & Tomatoes	499	48
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N Street Tacos ^v w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Power Bowl ^v	615	95	Chik'N Nuggets Bowl ^v & Rolls	568	83	Protein Packed Pasta ^v	445	55
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FROM THE FARMS

Chickpea Entrée Salad ^v	381	65	Chicken Entrée Salad	488	43	Taco Salad	481	60	Spicy Chicken Entrée Salad	521	55
Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26
Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28

FAN Favorites

Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
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MIDDLE SCHOOL MENU

APRIL/MAY 2024

MONDAY 04/29/2024 **TUESDAY 04/30/2024** **WEDNESDAY 05/01/2024** **THURSDAY 05/02/2024** **FRIDAY 05/03/2024**

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

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