

# MIDDLE SCHOOL MENU

# MARCH 2024

MONDAY 03/04/2024		TUESDAY 03/05/2024		WEDNESDAY 03/06/2024		THURSDAY 03/07/2024		FRIDAY 03/08/2024	
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	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

Veggie Burger <sup>v</sup>	280	36	Spicy Chik'N Street Tacos <sup>v</sup> w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Power Bowl <sup>v</sup>	615	95	Chik'N Nuggets Bowl <sup>v</sup> & Rolls	568	83	Protein Packed Pasta <sup>v</sup>	445	55
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## FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad <sup>v</sup>	381	65	Chicken Entrée Salad	488	43	Taco Salad	481	60	Spicy Chicken Entrée Salad	521	55
Baked Fries	110	17	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Chili Soup	182	26	Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26
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

## 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	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	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 <sup>v</sup>	600	64	Bagel & Yogurt	381	64	PB&J Sandwich <sup>v</sup>	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

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



**Menu Key:** Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>v</sup>Vegan

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Montgomery County Public Schools Division of Food and Nutrition Services

# MIDDLE SCHOOL MENU

# MARCH 2024

**MONDAY** 03/11/2024      **TUESDAY** 03/12/2024      **WEDNESDAY** 03/13/2024      **THURSDAY** 03/14/2024      **FRIDAY** 03/15/2024

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 <sup>v</sup> Flatbread Sandwich	567	89	Korean BBQ Chik'N w/Rice <sup>v</sup>	391	55	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/ Chik'N Nuggets <sup>v</sup>	438	46	Veggie Burger <sup>v</sup>	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 <sup>v</sup>	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 <sup>v</sup>	600	64	Bagel & Yogurt	381	64	PB&J Sandwich <sup>v</sup>	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 <sup>v</sup>Vegan

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



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Montgomery County Public Schools Division of Food and Nutrition Services

# MIDDLE SCHOOL MENU

# MARCH 2024

**MONDAY 03/18/2024**      **TUESDAY 03/19/2024**      **WEDNESDAY 03/20/2024**      **THURSDAY 03/21/2024**      **FRIDAY 03/22/2024**

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	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

Veggie Burger <sup>v</sup>	280	36	Spicy Chik'N Street Tacos <sup>v</sup> w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Power Bowl <sup>v</sup>	615	95	Chik'N Nuggets Bowl <sup>v</sup> & Rolls	568	83	Protein Packed Pasta <sup>v</sup>	445	55
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## FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad <sup>v</sup>	381	65	Chicken Entrée Salad	488	43	Taco Salad	481	60	Spicy Chicken Entrée Salad	521	55
Baked Fries	110	17	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Chili Soup	182	26	Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26
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

## 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/ Chik'N Nuggets	297	31	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 <sup>v</sup>	600	64	Bagel & Yogurt	381	64	PB&J Sandwich <sup>v</sup>	600	64	Fruit & Yogurt Parfait	438	94
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## SPRING BREAK ~ March 25, 2024 to March 29, 2024

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

**Paid Meal Prices: Breakfast \$1.30 Lunch \$2.80**  
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# 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

<b>HOLIDAY</b>	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 <sup>v</sup>	391	55	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/ Chik'N Nuggets <sup>v</sup>	438	46	Veggie Burger <sup>v</sup>	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 <sup>v</sup>	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/Chik'N Nuggets <sup>v</sup>			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 <sup>v</sup>	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

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# MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

## BREAKFAST BITES

Belgian Waffle w/ Syrups	<b>480</b>	<b>96</b>	Sausage Breakfast Sandwich	<b>210</b>	<b>27</b>	Egg & Cheese on Maryland Made Croissant	<b>275</b>	<b>30</b>	Turkey Ham & Cheese Breakfast Sandwich	<b>270</b>	<b>30</b>	Mini Pancakes w/ Syrups	<b>450</b>	<b>97</b>
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## DAILY ALTERNATE CHOICES

Bagel with Cream Cheese	<b>201</b>	<b>26</b>	Blueberry Chex Cereal	<b>240</b>	<b>46</b>	Maryland Made Cinnamon Roll	<b>232</b>	<b>38</b>	French Toast Sticks w/ Syrups	<b>512</b>	<b>97</b>	Yogurt & Grahams	<b>232</b>	<b>38</b>
Mini Strawberry Bagel	<b>240</b>	<b>41</b>	Honey Cheerios Cereal	<b>210</b>	<b>44</b>	Fruit & Yogurt Parfait w/ Granola	<b>260</b>	<b>58</b>	Chicken Biscuit Sandwich	<b>250</b>	<b>31</b>	Belgian Waffle w/ Syrups	<b>480</b>	<b>96</b>

## Maryland Meals for Achievement Breakfast

Chicken Biscuit Sandwich	<b>250</b>	<b>31</b>	Mini Maple Pancakes w/Syrups	<b>450</b>	<b>97</b>	Turkey Ham & Cheese on Hawaiian Bun	<b>186</b>	<b>27</b>	Belgian Waffle w/Syrups	<b>480</b>	<b>96</b>	Maryland Made Cinnamon Roll <sup>y</sup>	<b>232</b>	<b>38</b>
Honey Cheerios Cereal	<b>210</b>	<b>44</b>	Yogurt & Grahams	<b>232</b>	<b>38</b>	Mini Strawberry Bagel	<b>240</b>	<b>41</b>	Yogurt w/Grahams	<b>232</b>	<b>38</b>	Blueberry Chex	<b>240</b>	<b>46</b>

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20-127; Carbs 7-33 Milk Calories 90-120; Carbs 12-20

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