



Montgomery County Public Schools

CAFE LUNCH

DECEMBER 2011 - FEBRUARY 2012

At middle and high schools, the daily menu features additional selections from the items below.

Calories **MONDAY**

- 352 Mandarin Orange Chicken over Rice⁺
- 339 Cheese Dippers w/Marinara Sauce[^]
- 356 Chicken Nuggets w/Sweet & Sour Dipping Sauce⁺

TUESDAY

- 536 Spaghetti w/Meat Sauce **OR**
- 435 Spaghetti w/Marinara Sauce and Cheesy Breadstick[^]
- 396 WG Spicy Grilled Cheese Sandwich[^]
- 629 WG Soft Taco⁺

WEDNESDAY

- 447 Orange Chipotle Turkey over Rice⁺
- 339 Cheese Dippers w/Marinara Sauce[^]
- 334-600 Cheeseburger Special

THURSDAY

- 433 Macaroni & Cheese[^]
- 333 Spicy BBQ Beef Sandwich
- 567 Chicken Club Sandwich⁺

FRIDAY

- 359 Spicy Chicken Patty Sandwich⁺
- 340-465 Big Daddy Pizza **OR** Personal Pizza
- 629 Nachos⁺

SIDES

133 Baked Beans	60 Fruited Gelatin
16 Broccoli	18 Green Beans
66 Caesar Side Salad w/ Dressing	5 Lettuce & Tomato
22 Carrots	47 Mixed Vegetables
12 Celery Sticks	80 Mashed Potatoes
58 Corn	110 Seasoned Potatoes
156-176 French or Sweet Potato Fries	75-243 Homestyle Soup
60-90 Fresh Fruit	138 Brown Rice
20-25 Fresh Veggies	102 Sweet Potatoes
50-80 Fruit Cup	88 Tater Tots
55-60 Fruit Juice - 4 oz.	5 Tossed Salad

Calories

- 284 Hamburger
- 334 Cheeseburger
- 420 Chicken Patty Sandwich⁺
- 400-465 Personal Pizza, Cheese[^] or Pepperoni^{*}
- 420 Steak & Cheese Sub
- 362 Grab n' Go Bagel & Yogurt[^]
- 309 Grab n' Go Large Fruit & Yogurt Parfait[^]
- 420 Peanut Butter & Jelly Sandwich[^]
- 100 w/Cheese Snack[^]

GET YOUR GREENS

Calories

- 222 Chef Salad⁺
- 243 Chicken Caesar Salad⁺
- 601 Spicy Chicken Salad⁺
- 648 Taco Salad⁺
- 402 Tuna Salad
- 382 Turkey Salad w/Fruits & Veggies⁺
- 211 Vegetarian Salad w/Egg & Cheese[^] Dressing - add 40 calories per packet

SAND'WICH CRAFT

- | | |
|-------------------------------|-------------------------------|
| 344 Cold Cuts ⁺ * | 495 Turkey Salad ⁺ |
| 267 Turkey | 236 Tuna Salad |
| 265 Ham [*] | 276 Egg Salad [^] |
| 275 Ham [*] & Cheese | 437 Swiss Veggie [^] |

Sandwiches served on sub roll.

LUNCH MEAL PRICES

Student	\$2.75
Reduced	\$.40

The meal includes an entree, assorted side items and milk.

Nutrition & Allergen Information available at:
www.montgomeryschoolsmd.org/departments/foodserv
 School meals meet the nutrition standards established by the United States Department of Agriculture for the National School Lunch Program.

Symbols: * Pork + Poultry ^Meatless Menu subject to change.