

SECONDARY CAFE A LA CARTE

2018

A LA CARTE FAVORITES

CAL			
310-350	Pizza ^{^*} + WG (all)	\$2.80	
288	Cheeseburger~ on WG Bun	\$1.80	
270	Hamburger~ on WG Bun	\$1.55	
400	Chicken WG Patty+ on WG Bun	\$2.30	
259	Chicken WG Nuggets+	\$2.30	
237-250	Chicken WG Bites+ (all)	\$2.30	

A LA CARTE SNACKS

CAL		
▼	Applesauce Pouch	75¢
▼	WG Cereal Bar	75¢
80	Cheese Sticks	25¢
▼	WG Chips/Popcorn	75¢
191-195	WG Cookie	50¢
▼	IW WG Cookie	75¢
▼	WG Crackers/Grahams	50¢
110	Craisins [®] /Raisins	50¢
60-90	Fresh Fruit	75¢
13-109	Fresh Vegetables	50¢
50-80	Fruit Cup	50¢
▼	Fruit Snacks	75¢
239-260	Fruit & Yogurt Parfait (small)	\$1.25
120	Hummus	75¢
▼	Ice Cream (premium)	\$1.00
▼	Ice Cream (regular)	75¢
90	Pear/Apple Sauce	50¢
200	Peanut Butter Cup ^P	75¢
74-140	Potatoes (all)	75¢
▼	Salsa/Marinara Cup	50¢
60	Sorbet, 100% Fruit Juice	75¢
140	WG Soft Pretzel	50¢
▼	Yogurt (4 oz.)	75¢
▼	Yogurt (8 oz.)	\$1.25

A LA CARTE BEVERAGES

CAL			
100% Fruit Juice			
▼	Naked [®] Juice 10 oz.	\$3.00	
▼	Envy [®] /Apple & Eve [®] 8 oz.	\$1.00	
▼	Capri Sun [®] 6 oz.	75¢	
▼	4 oz.	50¢	
Waters			
0	Fiji Water [®]	\$3.00	
▼	Fruit Wave [®] (HS only)	\$1.25	
0	16 oz.	\$1.00	
0	8 oz.	50¢	
Milk			
80-120	Fat-Free White 8 oz.	60¢	
	Fat-Free Flavored 8 oz.	60¢	
	1% White 8 oz.	60¢	
145	Soy Milk 8 oz.	\$1.00	
Misc.			
130	Fruit Smoothies 10 oz.	\$1.50	
39	Iced Decaf Coffee (HS only)	\$1.50	
▼	Iced Decaf Tea (HS only)	\$1.25	

SYMBOLS

- ~ Beef
- ^ Meatless
- P Peanuts
- * Pork
- + Poultry
- ▼ Vegan
- WG= Whole Grain
- ▼ See nutrition label on individually wrapped product.

Nutrient & Allergen Information

<http://www.montgomeryschoolsmd.org/departments/foodserv/menus/allergen.aspx>

Menu subject to change.

Effective January 2, 2018



DIVISION FOOD & NUTRITION SERVICES
MONTGOMERY COUNTY PUBLIC SCHOOLS



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