

MONTGOMERY COUNTY PUBLIC SCHOOLS
SECONDARY SCHOOL CAFE
 2017

MAIN CHOICES

The daily menu may feature some selections from the items below.

MONDAY

	CAL
Cherry Blossom Chicken+ WG Rice Bowl	398-432
MoCo Burger~ on WG Bun	310
Cheese^ or Pepperoni+ WG Round Pizza	330-350
Spicy or WG Chicken Bites+ w/ WG Roll	307-320
Hamburger~ or Cheeseburger~ on WG Bun	270-288
WG Chicken Patty+ on WG Bun	400
WG Chicken Nuggets+ w/ WG Roll	329

TUESDAY

Mac & Cheese w/ Sriracha Chicken Bites + w/ WG Rolls	569
WG French Toast Sticks w/ Sausage*	350-361
Cheese^ or Pepperoni+ or Meateaters* WG Pizza	310-350
WG Cheese Crunchers^ w/ Marinara Sauce	456
WG Grilled Cheese Flatbread	243
Spicy WG Chicken Patty+ on WG Bun	341
Spicy WG Chicken Club*+ on WG Pretzel Roll	409

WEDNESDAY

WG Buffalo Crunchers^ w/ Ranch Dressing	456
Mandarin Orange Chicken+ w/ WG Veggie Lo Mein	466
3 Cheese WG Calzone^ w/ Marinara Sauce	314
Spicy or WG Chicken Bites+ w/ WG Roll	307-320
Hamburger~ or Cheeseburger~ on WG Bun	270-288
WG Chicken Patty+ on WG Bun	400
WG Chicken Nuggets+ w/ WG Roll	329

THURSDAY

Philly Cheesesteak~ w/ Onions & Peppers & WG Onion Rings on WG Roll	582
WG Spaghetti & Meatballs~ w/ Marinara Sauce	355
WG Meatball~ Sub	337
Cheese^ or Pepperoni+ or Meateaters* WG Pizza	310-350
WG Cheese Crunchers^ w/ Marinara Sauce	456
WG Grilled Cheese Flatbread^	243
Spicy WG Chicken Patty+ on WG Bun	341
WG Chicken Club*+ on WG Pretzel Roll	468

FRIDAY

WG Nachos~+ w/ Cheese Sauce	422-453
WG Crunchy Fish Fillet Sandwich w/ Coleslaw	415
Cheese^ or Pepperoni+ WG Round Pizza	330-350
Spicy or WG Chicken Bites+ w/ WG Roll	307-320
Hamburger~ or Cheeseburger~ on WG Bun	270-288
WG Chicken Patty+ on WG Bun	400
WG Chicken Nuggets+ w/ WG Roll	329

MEATLESS

	CAL
Grab n' Go Cheese^ w/ Soft Pretzel	260
Grab n' Go Hummus & Cheese ^ w/ WG Rounds	380
Grab n' Go Hummus^ w/ WG Rounds	440
Grab n' Go Yogurt & WG Bagel^ w/ Cream Cheese	376
Grab n' Go Large Fruit & Yogurt WG Parfait^	438-489
Peanut Butter & Jelly WG Sandwich^P w/Cheese Snack^	459
Grilled Cheese Flatbread^	243

COLD SANDWICHES

WHOLE GRAIN SUBS		CLASSIC SANDWICHES ON WHOLE GRAIN BREAD	
Cold Cut Sub+	292	Ham*	242
Ham & Cheese Sub*	315	Ham & Cheese*	244
Chicken Ham & Cheese+	286	Turkey+	241
Veggie Swiss Sub^	252	Tuna Salad	299
		Turkey Salad	375
		Egg Salad	342

FRUIT & VEGETABLES

Caesar Side Salad	92	Shredded Lettuce & Diced Tomatoes	13
Side Salad	19	Hummus^	202
Fresh Fruit	30-90	Roasted Chickpeas	160
Fruit Cup	50-80	Baked Fries	74
Fruit Sorbet	60	Mashed Potatoes w/ Gravy	80-122
Dried Fruit	110-127	Potato Curlys	110
Fresh Veggies	20-25	Rosemary Potatoes	100
Carrots	30	Seasoned Potatoes	140
Marinara Sauce	64	WG Onion Rings	200
Soup	113-203		

GRAINS

WG Crackers	100	WG Rice	103
WG Hamburger Bun	140	WG Dinner Roll	70
WG Pretzel Roll	160		

MAIN SALADS

Chicken Caesar Salad+	384	Taco Salad~+	450
Shrimp Popper Salad§	227	Vegetarian	
Spicy WG Chicken Salad+	346	(Egg/Cheese) Salad^	334

LUNCH MEAL PRICES

Paid	\$2.80
Reduced	\$.40

The meal includes a main dish, assorted fruits, vegetables and milk.

Nutrient & Allergen Information is available at:

www.montgomeryschoolsmd.org/departments/foodserv/menus/allergen.aspx

School meals meet the nutrition standards established by the United States Department of Agriculture for the National School Lunch Program.

Menu subject to change.

Key: ~ Beef ^ Meatless P Peanuts *Pork + Poultry § Shrimp ^ Vegan WG Whole Grain

