

# HIGH SCHOOL MENU

# MAY 2024

MONDAY 04/29/2024	TUESDAY 04/30/2024	WEDNESDAY 05/01/2024	THURSDAY 05/02/2024	FRIDAY 05/03/2024
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CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB
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## CHEF INSPIRED ENTRÉES

Mac & Cheese w/Chicken Bites & Roll	419	40	Incredible Unstuffed Potato	649	71	Korean BBQ Chicken Drumstick w/ Rice	559	84	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	567	89	Korean BBQ Chik'N w/Rice <sup>v</sup>	501	78	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	165	25	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	165	25	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	394	36	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.**



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

# HIGH SCHOOL MENU

# MAY 2024

**MONDAY**  
05/06/2024

**TUESDAY**  
05/07/2024

**WEDNESDAY**  
05/08/2024

**THURSDAY**  
05/09/2024

**FRIDAY**  
05/10/2024

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	165	25	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	165	25	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	519	59	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

# HIGH SCHOOL MENU

# MAY 2024

**MONDAY**  
05/13/2024

**TUESDAY**  
05/14/2024

**WEDNESDAY**  
05/15/2024

**THURSDAY**  
05/16/2024

**FRIDAY**  
05/17/2024

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

## CHEF INSPIRED ENTRÉES

Mac & Cheese w/Chicken Bites & Roll	419	40	<b>HOLIDAY PRIMARY ELECTION</b>	Korean BBQ Chicken Drumstick w/ Rice	559	84	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	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	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad <sup>v</sup>	448	63
Baked Fries	165	25	Sweet-Heat Potatoes	131	31	Baked Fries	165	25	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
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Chicken Sandwich	342	36	Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

## GRAB 'N GO

Fruit & Yogurt Parfait	438	94	Bagel & Yogurt	381	64	PB&J Sandwich <sup>v</sup>	600	64	Fruit & Yogurt Parfait	438	94
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Montgomery County Public Schools Division of Food and Nutrition Services

# HIGH SCHOOL MENU

# MAY 2024

MONDAY 05/20/2024	TUESDAY 05/21/2024	WEDNESDAY 05/22/2024	THURSDAY 05/23/2024	FRIDAY 05/24/2024
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CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB
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## 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

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## FROM THE FARMS

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Baked Fries	165	25	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	165	25	Roasted Corn	107	19
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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

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Montgomery County Public Schools Division of Food and Nutrition Services

# HIGH SCHOOL MENU

# MAY 2024

**MONDAY**  
05/27/2024

**TUESDAY**  
05/28/2024

**WEDNESDAY**  
05/29/2024

**THURSDAY**  
05/30/2024

**FRIDAY**  
05/31/2024

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

## CHEF INSPIRED ENTRÉES

**HOLIDAY**  
**Memorial Day**

Incredible Unstuffed Potato	<b>649</b>	<b>71</b>	Korean BBQ Chicken Drumstick w/ Rice	<b>559</b>	<b>84</b>	Chicken & Waffle Flatbread Sandwich	<b>522</b>	<b>74</b>	Meatball Sub	<b>379</b>	<b>39</b>
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## PLANT-BASED & PLANT-FORWARD ENTRÉES

Korean BBQ Chik'N w/Rice <sup>v</sup>	<b>501</b>	<b>78</b>	Cheese Nachos w/Salsa, Lettuce & Tomatoes	<b>663</b>	<b>48</b>	Mac & Cheese w/ Chik'N Nuggets <sup>v</sup>	<b>438</b>	<b>46</b>	Protein Packed Pasta <sup>v</sup>	<b>280</b>	<b>36</b>
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## FROM THE FARMS

Taco Salad	<b>481</b>	<b>60</b>	Chicken Entrée Salad	<b>488</b>	<b>43</b>	Spicy Chicken Entrée Salad	<b>521</b>	<b>55</b>	Chik'N Entrée Salad <sup>v</sup>	<b>448</b>	<b>63</b>
Seasoned Potatoes	<b>140</b>	<b>25</b>	Sweet-Heat Potatoes	<b>131</b>	<b>31</b>	Baked Fries	<b>165</b>	<b>25</b>	Roasted Corn	<b>107</b>	<b>19</b>
Garlic & Herb Broccoli	<b>70</b>	<b>5</b>	Fresh Side Salad	<b>20</b>	<b>4</b>	Fresh Baby Carrots	<b>35</b>	<b>8</b>	Fresh Spinach, Romaine, & Craisin Salad	<b>205</b>	<b>28</b>
Broccoli Cheese Soup	<b>206</b>	<b>20</b>	Chicken Veg Ancient Grains Soup	<b>149</b>	<b>22</b>	Tomato Soup	<b>155</b>	<b>23</b>	Chili Soup	<b>182</b>	<b>26</b>

## FAN Favorites

Hamburger or Cheeseburger	<b>323</b>	<b>28</b>	Cheese Crunchers w/ Marinara	<b>467</b>	<b>51</b>	Hamburger or Cheeseburger	<b>323</b>	<b>28</b>	Pizza, Cheese or Pepperoni	<b>320</b>	<b>36</b>
French Toast Sticks w/ Sausage & Syrup	<b>394</b>	<b>36</b>	Chicken Enchilada Empanada	<b>299</b>	<b>35</b>	Spicy Chicken Tenders w/Roll	<b>297</b>	<b>31</b>	Chicken Sandwich	<b>342</b>	<b>36</b>

## GRAB 'N GO

PB&J Sandwich <sup>v</sup>	<b>600</b>	<b>64</b>	Bagel & Yogurt	<b>381</b>	<b>64</b>	PB&J Sandwich V	<b>600</b>	<b>64</b>	Fruit & Yogurt Parfait	<b>438</b>	<b>94</b>
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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

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Montgomery County Public Schools Division of Food and Nutrition Services

# BREAKFAST MENU

## MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

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

### BREAKFAST BITES

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

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

### Maryland Meals for Achievement Breakfast

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

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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