HIGH SCHOOL MENU

FEBRUARY 2024

MONDAY 01/29/2024		CAL	CARB	TUESDAY 01/30/2024	CAL	CARB	WEDNESDAY 01/31/2024	CAL	CARB	THURSDAY 02/01/2024	CAL	CARB	FRIDAY 02/02/2024	CAL	CARB
	CHEF INSPIRED ENTRÉES														
NO SCHOOL DAY	Ranch Chicken Power Bowl	657	71	Korean BBQ Chicken Drumstick w/ Rice	559	84	Chicken & Waffle Flatbread Sandwich	522	74	Meatball Sub	379	39			
	PLANT-BASED & PLANT-FORWARD ENTRÉES														
	Korean BBQ Chik'N w/Rice V	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Chik'N Nuggets Bowl V & Rolls	568	83	Veggie Burger V	280	36			
	FROM THE FARMS														
	Taco Salad	481	60	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad V	448	63			
	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	165	25	Roasted Corn	107	19			
	Garlic & Herb Broccoli	70	5	Garlic & Herb Broccoli	70	5	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			
	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Hot Dog on Bun	270	28	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Chicken Sandwich	342	36			
	GRAB 'N GO														
	PB&J Sandwich V	600	64	Fruit & Yogurt Parfait	438	94	PB&J Sandwich V	600	64	Fruit & Yogurt Parfait	438	94			

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 VVegan

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 — FEBRUARY 2024

	MONDAY 02/05/2024	CAL	CARB	TUESDAY 02/06/2024	CAL	CARB	WEDNESDAY 02/07/2024	CAL	CARB	THURSDAY 02/08/2024	CAL	CARB	FRIDAY 02/09/2024	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
PLANT-BASED & PLANT-FORWARD ENTRÉES															
	Veggie Burger[V]	280	36	Spicy Chik'N Street TacosV w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Power Bowl [V]	615	95	Chik'N Nuggets Bowl [V] & Rolls	568	83	Chickpea Entrée Salad [V]	381	65
FROM THE FARMS															
	Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad [V]	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	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Hot Dog on Bun	270	28	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Chicken Sandwich	342	36
GRAB 'N GO															
	Fruit & Yogurt Parfait	438	94	PB&J Sandwich [V]	600	64	French Toast Sticks w/ Sausage* & Syrup	532	66	PB&J Sandwich [V]	600	64	Fruit & Yogurt Parfait	438	94

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 [V]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

FEBRUARY 2024

MONDAY 02/12/2024	CAL	CARB	TUESDAY 02/13/2024	CAL	CARB	WEDNESDAY 02/14/2024	CAL	CARB	THURSDAY 02/15/2024	CAL	CARB	FRIDAY 02/16/2024	CAL	CARB
CHEF INSPIRED ENTRÉES														
Mac & Cheese w/Chicken Bites & Roll	419	40	Ranch Chicken Power Bowl	657	71	Korean BBQ Chicken Drumstick w/ Rice	559	84	Chicken & Waffle Flatbread Sandwich	522	74	Meatball Sub	379	39
PLANT-BASED & PLANT-FORWARD ENTRÉES														
Chik'N & Waffle[V] Flatbread Sandwich	567	89	Korean BBQ Chik'N w/Rice [V]	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Chik'N Nuggets Bowl[V] & Rolls	568	83	Veggie Burger[V]	280	36
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[V]	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	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Hot Dog on Bun	270	28	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Chicken Sandwich	342	36
GRAB 'N GO														
Fruit & Yogurt Parfait	438	94	PB&J Sandwich [V]	600	64	French Toast Sticks w/ Sausage* & Syrup	532	66	PB&J Sandwich[V]	600	64	Fruit & Yogurt Parfait	438	94

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** **[V]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

FEBRUARY 2024

MONDAY 02/19/2024		CAL	CARB	TUESDAY 02/20/2024	CAL	CARB	WEDNESDAY 02/21/2024	CAL	CARB	THURSDAY 02/22/2024	CAL	CARB	FRIDAY 02/23/2024	CAL	CARB
PRESIDENT'S DAY HOLIDAY															
	CHEF INSPIRED ENTRÉES														
	Mandarin Orange Chicken w/ Veg Rice	430	73	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			
	PLANT-BASED & PLANT-FORWARD ENTRÉES														
	Spicy Chik'N Street Tacos[V] w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Power Bowl[V]	615	95	Chik'N Nuggets Bowl[V] & Rolls	500	74	Chickpea Entrée Salad[V]	381	65			
	FROM THE FARMS														
	Chickpea Entrée Salad [V]	381	65	Chicken Entrée Salad	488	43	Taco Salad	481	60	Spicy Chicken Entrée Salad	521	55			
	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	165	25	Roasted Corn	107	19			
	Garlic & Herb Broccoli	70	5	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26			
	Broccoli Cheese Soup	206	20	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28			
	FAN *Favorites*														
	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36			
	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Hot Dog on Bun	270	28	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Chicken Sandwich	342	36			
	GRAB 'N GO														
	PB&J Sandwich [V]	600	64	French Toast Sticks w/ Sausage* & Syrup	532	66	PB&J Sandwich [V]	600	64	Fruit & Yogurt Parfait	438	94			

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 [V]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 FEBRUARY/FEBRUARY 2024

MONDAY 02/26/2024	CAL	CARB	TUESDAY 02/27/2024	CAL	CARB	WEDNESDAY 02/28/2024	CAL	CARB	THURSDAY 02/29/2024	CAL	CARB	FRIDAY 03/01/2024	CAL	CARB
CHEF INSPIRED ENTRÉES														
Mac & Cheese w/Chicken Bites & Roll	419	40	Ranch Chicken Power Bowl	657	71	Korean BBQ Chicken Drumstick w/ Rice	559	84	Chicken & Waffle Flatbread Sandwich	532	74	Meatball Sub	379	39
PLANT-BASED & PLANT-FORWARD ENTRÉES														
Chik'N & Waffle[V] Flatbread Sandwich	567	89	Korean BBQ Chik'N w/Rice [V]	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Chik'N Nuggets Bowl[V] & Rolls	568	83	Veggie Burger[V]	280	36
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 [V]	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	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Hot Dog on Bun	270	28	Mac & Cheese w/ Spicy Chicken Bites & Roll	433	41	Chicken Sandwich	342	36
GRAB 'N GO														
Fruit & Yogurt Parfait	438	94	PB&J Sandwich [V]	600	64	French Toast Sticks w/ Sausage* & Syrup	532	66	PB&J Sandwich [V]	600	64	Fruit & Yogurt Parfait	438	94

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** **[V]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

BREAKFAST MENU

MONDAY	CAL	CARB	TUESDAY	CAL	CARB	WEDNESDAY	CAL	CARB	THURSDAY	CAL	CARB	FRIDAY	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
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^{V}	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

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^{V}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

MONTGOMERY COUNTY DFNS DIVISION OF FOOD & NUTRITION SERVICES