

MIDDLE SCHOOL MENU

JANUARY 2024

MONDAY 01/01/2024 **TUESDAY** 01/02/2024 **WEDNESDAY** 01/03/2024 **THURSDAY** 01/04/2024 **FRIDAY** 01/05/2024

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

CHEF INSPIRED ENTRÉES

HOLIDAY NEW YEAR'S DAY	NO SCHOOL DAY	Chicken & Waffle Flatbread Sandwich	532	74	Korean BBQ Chicken Drumstick w/ Rice	387	48	Meatball Sub	379	39
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PLANT-BASED & PLANT-FORWARD ENTRÉES

		Korean BBQ Chik'N w/Rice	391	55	Mac & Cheese w/ Chik'N Nuggets & Roll	438	46	Veggie Burger	280	36
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FROM THE FARMS

								Chik'N Entrée Salad ^v	448	63
		Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
		Garlic & Herb Broccoli	70	5	Fresh Grape Tomatoes	20	4	Fresh Spinach, Romaine, & Craisin Salad	205	28
		Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26

FAN Favorites

		Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
		Hot Dog on Bun	270	28	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

		Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	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 ^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

MIDDLE SCHOOL MENU

JANUARY 2024

MONDAY 01/08/2024 **TUESDAY** 01/09/2024 **WEDNESDAY** 01/10/2024 **THURSDAY** 01/11/2024 **FRIDAY** 01/12/2024

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

CHEF INSPIRED ENTRÉES

Hunan Orange Chicken w/ Rice	526	74	Penne w/Meatballs~ & Marinara	467	56	BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	428	53	Cheese Lasagna Marinara w/ Rolls	554	76	Beef Nachos w/ Salsa, Lettuce & Tomatoes	499	48
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	280	36	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
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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	110	17	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	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	Spicy Chicken Tenders w/Roll	297	31	Hot Dog on Bun	270	28	Spicy Chicken Tenders w/Roll	297	31	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
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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

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MIDDLE SCHOOL MENU

JANUARY 2024

MONDAY 01/15/2024 **TUESDAY** 01/16/2024 **WEDNESDAY** 01/17/2024 **THURSDAY** 01/18/2024 **FRIDAY** 01/19/2024

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

CHEF INSPIRED ENTRÉES

HOLIDAY	Ranch Chicken Power Bowl	657	71	Korean BBQ Chicken Drumstick w/ Rice	387	48	Chicken & Waffle Flatbread Sandwich	532	74	Meatball Sub	379	39
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Korean BBQ Chik'N w/Rice ^v	391	55	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/ Chik'N Nuggets & Roll	438	46	Veggie Burger ^v	280	36
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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	110	17	Roasted Corn	107	19
Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	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
Spicy Chicken Tenders w/Roll	297	31	Hot Dog on Bun	270	28	Spicy Chicken Tenders w/Roll	297	31	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
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MIDDLE SCHOOL MENU

JANUARY 2024

MONDAY 01/22/2024 **TUESDAY** 01/23/2024 **WEDNESDAY** 01/24/2024 **THURSDAY** 01/25/2024 **FRIDAY** 01/26/2024

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

CHEF INSPIRED ENTRÉES

Hunan Orange Chicken w/ WG Rice	526	74	Penne w/Meatballs~& Marinara	467	56	BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	428	53	Cheese Lasagna Marinara w/ Rolls	554	76	Beef Nachos w/ Salsa, Lettuce & Tomatoes	499	48
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	280	36	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
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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	110	17	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	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	Chili Soup	182	26
Chili Soup	182	26	Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	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	Spicy Chicken Tenders w/Roll	297	31	Hot Dog on Bun	270	28	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64	French Toast Sticks w/Chik'N Nuggets ^v			PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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MIDDLE SCHOOL MENU

JANUARY/FEBRUARY 2024

MONDAY
01/29/2024

TUESDAY
01/30/2024

WEDNESDAY
01/31/2024

THURSDAY
02/01/2024

FRIDAY
02/02/2024

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CHEF INSPIRED ENTRÉES

NO SCHOOL DAY

Ranch Chicken Power Bowl **657 71**

Korean BBQ Chicken Drumstick w/ Rice **387 48**

Chicken & Waffle Flatbread Sandwich **532 74**

Meatball Sub **379 39**

PLANT-BASED & PLANT-FORWARD ENTRÉES

Korean BBQ Chik'N w/Rice^v **391 55**

Cheese Nachos w/Salsa, Lettuce & Tomatoes **663 48**

Mac & Cheese w/ Chik'N Nuggets & Roll **438 46**

Veggie Burger **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 **110 17**

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**

Spicy Chicken Tenders w/Roll **297 31**

Hot Dog on Bun **270 28**

Spicy Chicken Tenders w/Roll **297 31**

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**

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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	<i>Maryland Made</i> Cinnamon Roll ^y	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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