

HIGH 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

53274

Korean BBQ Chicken Drumstick w/ Rice

55984

Meatball Sub

37939

PLANT-BASED & PLANT-FORWARD ENTRÉES

Korean BBQ Chik'N w/Rice

39155

Mac & Cheese w/ Chik'N Nuggets & Roll

43846

Veggie Burger

28036

FROM THE FARMS

Sweet-Heat Potatoes

13131

Garlic & Herb Broccoli

705

Chicken Veg Ancient Grains Soup

14922

Baked Fries

16525

Fresh Baby Carrots

358

Tomato Soup

15523

Chik'N Entrée Salad^V

44863

Roasted Corn

10719

Fresh Spinach, Romaine, & Craisin Salad

20528

Chili Soup

18226

FAN Favorites

Cheese Crunchers w/ Marinara

46751

Hot Dog on Bun

27028

Hamburger or Cheeseburger

32328

Spicy Chicken Tenders w/Roll

29731

Pizza, Cheese or Pepperoni

32036

Chicken Sandwich

34236

GRAB 'N GO

Fruit & Yogurt Parfait

43894

PB&J Sandwich ^V

60064

Fruit & Yogurt Parfait

43894

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.



HIGH 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/ Roll					Beef Nachos w/ Salsa, Lettuce & Tomatoes					499	48							
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					
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	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					
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 ^v Vegan																																							
This institution is an equal opportunity provider.																				Montgomery County Public Schools Division of Food and Nutrition Services																			

JANUARY 2024

FRIDAY
01/19/2024

CAL | CARB

HOLIDAY

379 39

280 36

448 63

107 19

205 28

182 26

320 36

342 36

438 94

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

JANUARY 2024

FRIDAY
01/26/2024

CAL | CARB

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
------------------------------------	-----	----	---------------------------------	-----	----	---	-----	----	-------------------------------------	-----	----	---	-----	----

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
----------------------------	-----	----	--	-----	----	--------------------------------	-----	----	--	-----	----	------------------------------------	-----	----

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
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

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

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
------------------------	-----	----	----------------------------	-----	----	--	----------------------------	-----	----	------------------------	-----	----

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						JANUARY/FEBRUARY 2024																
MONDAY 01/29/2024			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																						
NO SCHOOL DAY			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																						
			Korean BBQ Chik'N w/Rice ^v			501	78	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			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			
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			
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 ^v Vegan																						
This institution is an equal opportunity provider.																		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
--------------------------	-----	----	----------------------------	-----	----	---	-----	----	--	-----	----	-------------------------	-----	----

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

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 ^Vegan

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

