

# HIGH SCHOOL MENU

# JUNE 2024

**MONDAY**  
06/03/2024

**TUESDAY**  
06/04/2024

**WEDNESDAY**  
06/05/2024

**THURSDAY**  
06/06/2024

**FRIDAY**  
06/07/2024

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

## 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
----------------------------	-----	----	---	-----	----	--------------------------------	-----	----	--	-----	----	-----------------------------------	-----	----

## 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	110	17	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Baby Carrots	35	8	Assorted Fresh Veggies	14	3	Roast Chickpeas	180	27	Cucumber Slices	19	4	Assorted Fresh Veggies	14	3
Fresh Spinach, Romaine, & Crai-sin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Crai-sin 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
------------------------	-----	----	----------------------------	-----	----	----------------	-----	----	----------------------------	-----	----	------------------------	-----	----

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

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

# HIGH SCHOOL MENU

# JUNE 2024

**MONDAY**  
06/10/2024

**TUESDAY**  
06/11/2024

**WEDNESDAY**  
06/12/2024

**THURSDAY**  
06/13/2024

**FRIDAY**  
06/14/2024

	CAL   CARB			CAL   CARB			CAL   CARB			CAL   CARB	
Chik'N & Waffle <sup>v</sup> Flatbread Sandwich	567	89	Korean BBQ Chik'N w/Rice <sup>v</sup>	391	55	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Veggie Burger <sup>v</sup>	280	36
Chicken Sandwich	342	36	Hamburger or Cheeseburger	323	28	Chicken Enchilada Empanada	299	35	Pizza, Cheese or Pepperoni	320	36
Spicy Chicken Entrée Salad	521	55	Taco Salad	481	60	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55
Manager's Choice			Manager's Choice			Manager's Choice			Manager's Choice		

Assorted Vegetables

Assorted Vegetables

Assorted Vegetables

Assorted Vegetables

Assorted Vegetables

Assorted Vegetables

Assorted Vegetables

Assorted Vegetables

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

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	<b>480</b>	<b>96</b>	Sausage Breakfast Sandwich	<b>210</b>	<b>27</b>	Egg & Cheese on Maryland Made Croissant	<b>275</b>	<b>30</b>	Turkey Ham & Cheese Breakfast Sandwich	<b>270</b>	<b>30</b>	Mini Pancakes w/ Syrups	<b>450</b>	<b>97</b>
--------------------------	------------	-----------	----------------------------	------------	-----------	---	------------	-----------	--	------------	-----------	-------------------------	------------	-----------

### DAILY ALTERNATE CHOICES

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

### Maryland Meals for Achievement Breakfast

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

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

