

MIDDLE SCHOOL MENU

JUNE 2024

MONDAY
06/03/2024

TUESDAY
06/04/2024

WEDNESDAY
06/06/2024

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~ & Mari-nara	467	56	BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	448	55	Cheese Lasagna Mari-nara 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 Tacos ^v w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Burger ^v	615	95	Chik'N Nuggets Bowl ^v & Rolls	568	83	Protein Packed Pasta ^v	445	55
----------------------------	-----	----	---------------------------------------------------------------------	-----	----	----------------------------	-----	----	------------------------------------------	-----	----	-----------------------------------	-----	----

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
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 ^v	600	64	Bagel & Yogurt	381	64	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

MIDDLE 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 [~] Flatbread Sandwich	567	89	Korean BBQ Chik'N w/Rice [~]	391	55	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Veggie Burger [~]	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 Manager's Choice	521	55	Taco Salad Manager's Choice	481	60	Chicken Entrée Salad Manager's Choice	488	43	Spicy Chicken Entrée Salad Manager's Choice	521	55

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 [~]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	<i>Maryland Made</i> 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 ^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

