NOVEMBER 2024

M O N D A Y 11/04/2024

TUESDAY 11/05/2024 W E D N E S D A Y 11/06/2024 THURSDAY 11/07/2024

All meals are free for students who qualify for Free or

Reduced priced meals.

FRIDAY 11/08/2024

CAL CARB	CAL CARI	,B	CAL	CARB		CAL	CARB		CAL	CARB			
CHEF INSPIRED ENTRÉES													
		Mandarin Orange Chicken w/ Veg Rice	CONTRACTOR SERVICE	73	Cheese Lasagna Marinara w/ Roll	587	64	Beef Nachos	495	47			
	PLANT-BA	SED & PLANT-FO	ORY	WA	RD ENTRÉES								
		Veggie Power Bowl ^v	514	87	Chik'N Nuggets ^v w/ Seasoned Potatoes, Corn & Rolls	580	88	Protein Packed Pasta ^v (Penne Pasta w/ Vegan Meat Sauce)	317	53			
		FROM THE FA	ARN	AS									
		Chicken Chef Salad w/ 2 Rolls	435	40	Taco Salad	503	60	Spicy Chicken Salad w/ Tortilla Pieces	383	37			
WA COMPAN DAY	HOLIDAY	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19			
NO SCHOOL DAY	ELECTION DAY	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28			
	(1) 中央中央社会	Roasted Chickpeas	180	27	Cucumber Slices	6	- 1	Assorted Fresh Veggies	14	3			
		FAN Favorit	ites										
The State of the S	(Mini Beef Hot Dogs	302	26	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36			
		Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/ Roll	297	31	Chicken Sandwich	342	36			
		GRAB'N	GO										
Grand State State of the	The state of the s	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94			
Local fruits, celebrating the Fall bounty of Maryland, wil Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calor			P	aid Me	eal Prices: Breakfast \$1.3	30 L	unch \$	\$2.80	MERY COLI	4			

This institution is an equal opportunity provider.

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry Vegan

Montgomery County Public Schools Division of Food and Nutrition Services

MONDAY

NOVEMBER 2024

11/11/2024		11/12/2024			11/13/2024			11/14/2024			11/15/2024		
CAL	CARB		CAL CARB				CAL CARB			CAL	CARB		
CHEF INSPIRED ENTRÉES													
468	44	Cheese Crunchers w/ Marinara Cup	473	52	Korean BBQ Chicken Drumstick w/ Rice	487	50	Incredible Unstuffed Potatoes	655	72	Beef & Cheese Crisp Ups w/ Salsa & Sour Cream	362 82	24 6
		PLA	1]-	BAS	ED & PLANT-F	ORY	W A	RD ENTRÉES					
506	60	Korean BBQ Chik'N w/ Rice ^v	628	105	Mac & Cheese w/ Chik'N Nuggets & Roll	493	51	Cheese Nachos	667	49	Veggie Burger ^v	279	36
					FROM THE F	ARN	AS						
383	37	Taco Salad	503	60	Chicken Chef Salad w/ 2 rolls	435	40	Spicy Chicken Salad w/ Tortilla Pieces	383	37	Chik'N Entrée Salad ^v	446	63
99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
35	8	Grape Tomatoes	18	4	Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3
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 Favori	tes							
320	36	Hamburger or Cheeseburger	323	28	French Toast Sticks w/ Sausage	394	36	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
342	36	Meatball Sub	371	38	Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36
					GRAB'N	GO							
		The state of the s	600	64	Bagel & Yogurt	381	64	PB&J Sandwich V	600	64	Fruit & Yogurt Parfait	438	94
	4 CAL 468 506 383 99 35 205	4 CAL CARB 468 44 506 60 383 37 99 15 35 8 205 28	CAL CARB 468	4	A 11/12/2024 CAL CARB CAR CARB CAR	CAL CARB CAL CARB CHEF INSPIRED 468 44 Cheese Crunchers w/ Marinara Cup PLANT-BASED & PLANT-FC 506 60 Korean BBQ Chik'N w/ Rice PLANT-BASED & PLANT-FC 508 60 Korean BBQ Chik'N w/ Rice PLANT-BASED & PLANT-FC 509 15 Seasoned Potatoes 140 25 Sweet-Heat Potatoes 35 8 Grape Tomatoes 18 4 Roasted Chickpeas 205 28 Garlic & Herb Broccoli 70 5 Fresh Side Salad FAN Favorion FAN Favorion FAN Favorion FAN Favorion 320 36 Hamburger or Cheeseburger 323 28 French Toast Sticks w/ Sausage 342 36 Meatball Sub 371 38 Chicken Enchilada Empanada	CAL CARB CAL CAL	CAL CARB CHEF INSPIRED ENTRÉ	CAL CARB	A 11/12/2024 11/13/2024 11/13/2024 CAL CARB CAL CA	CAL CARB CAL	CAL CARB CARB	Mark Mark

WEDNESDAY

All meals are free for students who qualify for Free or

Reduced priced meals.

This institution is an equal opportunity provider.

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry Vegan

Montgomery County Public Schools Division of Food and Nutrition Services

Menu Key: Cal = Calories Carb = Carbohydrates ∼Beef *Pork +Poultry Vegan

NOVEMBER 2024

M O N D A Y 11/18/2024		T U E S D A Y 11/19/2024			W E D N E S 11/20/202	Y	T H U R S D A Y 11/21/2024			F R I D A Y 11/22/2024				
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB
					6 [HEF INSPIRED	EN ⁻	ΓRÉ	ES					
BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	544	57	Penne w/ Meatballs	510	69	Mandarin Orange Chicken w/ Veg Rice	430	73	Thanksgiving Meal Turkey & Gravy, Mashed Potatoes, Stuffing, Green Beans & Roll, Cranberry Sauce	478	72	Beef Nachos	495	47
			PLAN	1]-[BAS	ED & PLANT-FO	ORV	MA	RD ENTRÉES					
Veggie Burger ^v	279	36	Spicy Chik'N w/ Rice & Beans	615	99	Veggie Power Bowl ^v	514	87	Cheese Crunchers w/ Marinara Cup	473	72	Protein Packed Pasta ^v (Penne Pasta w/ Vegan Meat Sauce)	317	53
						FROM THE E	ARN	MS						
Spicy Chicken Salad w/ Tortilla Pieces	383	37	Cheese & Hummus Protein Pack w/ Tostitos Rounds	393	56	Chicken Chef Salad w/ 2 Rolls	435	40	Green Beans	19	4	Spicy Chicken Salad w/ Tortilla Pieces	383	37
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	-31	Mashed Potatoes	72	16	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Taco Salad	503	60	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Baby Carrots	35	8	Assorted Fresh Veggies	14	3	Roasted Chickpeas	180	27	Fresh Side Salad	20	4	Assorted Fresh Veggies	14	3
						FAN Favori	ites							
Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Meatball Sub	371	38				Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Chik'N Nuggets	520	60	Chicken Enchilada Empanada	299	35	**			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 availa	ble at ev	ery me	al. Assorted fruit: Calories 20–127;	; Carbs 7-	-33 M	1ilk Calories 90–120; Carbs 12–20			eal Prices: Breakfast \$1 Is are free for students w		unch (ξ (NO	ERY COLL	TICES P. P.

Reduced priced meals.

This institution is an equal opportunity provider.

Montgomery County Public Scho

Menu Key: Cal = Calories Carb = Carbohydrates \sim Beef *Pork +Poultry V Vegan

This institution is an equal opportunity provider.

NOVEMBER 2024

M O N D / 11/25/202			T U E S D 11/26/202			W E D N E S D A Y 11/27/2024	T H U R S D A Y 11/28/2024	F R I D A Y 11/29/2024
	CAL	CARB		CAL	CARB	CAL CARB	CAL CARB	CAL CARB
					CH	EF INSPIRED ENTRÉE	S	
Mac & Cheese w/ Mini Chicken Bites & Roll	468	44	Cheese Crunchers w/ Marinara Cup	473	72		AND THE RESERVE	
			PLA	NT-	BASE	D & PLANT-FORWAR	D ENTRÉES	
Spicy Chik'N w/ Cheesy Spinach & Rolls	506	60	Korean BBQ Chik'N w/ Rice ^v	628	105			
						FROM THE FARMS		
Spicy Chicken Salad w/ Tortilla Pieces	383	37	Taco Salad	503	60			
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	NO COMO OL DAY	1101101V	HALLAN
Fresh Spinach, Romaine, & Craisin Salad	205	28	Grape Tomatoes	18	4	NO SCHOOL DAY	HOLIDAY	HOLIDAY
Fresh Baby Carrots	35	8	Garlic & Herb Broccoli	70	5			
						FAN Favorites		
Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28			
Chicken Sandwich	342	36	French Toast Sticks w/ Sausage	394	36			
						GRAB 'N GO		
Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64			
Assorted fruit and milk are availa	able at ev	ery me	al. Assorted fruit: Calories 20–127	7; Carbs 7	7–33 Mill	Calories 90–120; Carbs 12–20 Paid Meal	Prices: Breakfast \$1.30 Lunch \$2.	80 PER COLL

Montgomery County Public Schools Division of Food and Nutrition Services

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Reduced priced meals.

BREAKFAST MENU

WEEKA

Serving week of 11/4, 11/18

MUND	AT	106301	AT	WEDNES	DAT	INUKSL	AT	FKIDA	T	
	CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CA	ARB
				BREAKFAST	BiTes					
Belgian Waffle w/ Syrup	360 65	Sausage Breakfast Sandwich	200 27	French Toast Sticks w/ Syrup	392 66	Beef Chorizo & Cheese Sunrise Rollup	171 17	Maryland Made Cinnamon Roll	242	38
			DA	ILY ALTERNAT	Е СНОІ	CES				
Honey Cheerios Cereal	210 44	Blueberry Chex Cereal	240 46	Yogurt & Grahams	232 38	Bagel with Cream Cheese	201 26			
		M	aryland	Meals for Achie	evement	: Breakfast				
Belgian Waffle w/ Syrup	360 65	Bagel with Cream Cheese	201 26	Banana Bread	371 53	Beef Chorizo & Cheese Sunrise Rollup	171 17	Maryland Made Cinnamon Roll	242	38
Assorted fruit and milk are avai	lable at every me	al. Assorted fruit: Calories 20–127	; Carbs 7–33 M	Ailk Calories 90–120; Carbs 12–20	-	eal Prices: Breakfast \$1				
Menu Key: Cal = Calorie	es Carb = Ca	rbohydrates ~Beef *Por	k +Poultry	^V Vegan	All mea	als are free for students wl	no qualify for	Free or Reduced priced m	eals.	
This institution is an equal	opportunity p	rovider.				Montgomery Coun	ty Public Schoo	ls Division of Food and Nutrit	ion Servic	es



BREAKFAST MENU

This institution is an equal opportunity provider.

WEEK 2

CAL | CARB

Serving week of 11/11, 11/25

Montgomery County Public Schools Division of Food and Nutrition Services

MOND	ΑY	T	UESC	O A Y		WEDNES	D A	Υ	THURS	DAY	′	FRIDA	Υ
	CAL	CARB		CAL	CARB		CAL	CARB		CAL	CARB		CAL
						BREAKFAST	BiT	es					
Mini Pancakes w/ Syrup	330	66 Mini Strawl	berry Bagel	240	41	Small Fruit & Yogurt Parfait w/ Granola	467	103	Egg & Cheese Breakfast Croissant Sandwich	311	31	Maryland Made Cinnamon Roll	242
					DA	LY ALTERNATI	E CH	101	CES				
Honey Cheerios Cereal	210	44 Blueberry (Chex Cereal	240	46	Yogurt & Grahams	232	38	Bagel with Cream Cheese	201	26		
			1	Maryl	and	Meals for Achie	vem	ent	Breakfast				
Mini Pancakes w/ Syrup	330	66 Mini Strawl	berry Bagel	240	41	Strawberry Banana Smoothie & Grahams	130	36	Turkey Ham & Cheese on Hawaiian Bun	186	27	Maryland Made Cinnamon Roll	232
Assorted fruit and milk are avai	ilable at eve	ery meal. Assorted f	fruit: Calories 20–	-127; Carbs 7-	-33 M	lilk Calories 90–120; Carbs 12–20	P	aid Me	eal Prices: Breakfast :	 \$1.30 L	unch :	52.80	
Menu Key: Cal = Calorie	es Carb	= Carbohydrates	~Beef *I	Pork +Po	oultry	^V Vegan	1000					Free or Reduced priced m	neals.

