

OCTOBER 2018 STAFF A LA CARTE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pasta w/ Meat Sauce 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	2 Macaroni & Cheese 382 cal \$2.80 Chili w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	3 Chicken Caesar Salad 340 cal \$4.00 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	4 Southwest Turkey Chef Salad 270 cal \$4.00 Grilled Cheese & Tomato on Rye 294 cal \$2.55 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	5 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
8 BBQ Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	9 BBQ Beef Meatballs w/ Corn 384 cal \$2.80 Chicken & Veggie Lo Mein 466 cal \$3.25 Co-Jack & Salsa Smart Snack 366 cal \$2.80	10 Taco Cheese Puff 419 cal \$2.55 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	11 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	12 Philly Steak & Cheese Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
15 Pasta w/ Meat Sauce 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	16 Macaroni & Cheese 382 cal \$2.80 Chili w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	17 Taco Salad 426 cal \$4.00 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	18 Chicken Parmesan w/ Pasta 414 cal \$3.25 BBQ Chicken Drumstick w/ Green Beans 359 cal \$3.25 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	19 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
22 BBQ Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	23 BBQ Beef Meatballs w/ Corn 384 cal \$2.80 Chicken & Veggie Lo Mein 466 cal \$3.25 Co-Jack & Salsa Smart Snack 366 cal \$2.80	24 Taco Cheese Puff 419 cal \$2.55 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	25 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	26 Philly Steak & Cheese Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
29 Pasta w/ Meat Sauce 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	30 Macaroni & Cheese 382 cal \$2.80 Chili w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	31 Chicken Caesar Salad 340 cal \$4.00 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	 DIVISION OF FOOD & NUTRITION SERVICES <small>MONTGOMERY COUNTY PUBLIC SCHOOLS</small>	