

**SECONDARY SCHOOL CARBOHYDRATES**

2019-2020

**MAIN CHOICES**

The daily menu may feature some selections from the items below.

**MONDAY**

	CARBOHYDRATES (GRAMS)
Chicken Curry+ w/ WG Rice	45
Thai Sweet Chili Chicken+ w/ WG Rice	63
Bacon Cheeseburger*~ (Swiss) on WG Pretzel Roll w/ WG Onion Rings	59
Cheese^ or Pepperoni+ WG Round Pizza	31
Spicy or Chicken WG Bites+ w/ WG Roll	26/28
Hamburger~ or Cheeseburger~ on WG Bun	29/30
Chicken WG Patty+ on WG Bun	40
Chicken WG Nuggets+ w/ WG Roll	31

**TUESDAY**

Mac & Cheese w/ WG Chicken Bites+ & WG Breadstick	46
BBQ Pulled Beef~ w/ Cornbread Bowl	25
Meateaters~* WG Pizza	29
Cheese WG Crunchers^ w/ Marinara Sauce	50
Cheese WG Quesadilla^ w/ Salsa	33
Spicy Chicken WG Patty+ on WG Bun	37
Spicy Chicken WG Club+* on WG Pretzel Roll	39

**WEDNESDAY**

Mini Chicken Soft Tacos+	33
Teriyaki Meatballs~ w/ WG Veggie Rice	77
Fiesta Verde Enchiladas^ w/ Salsa	6
French Toast Sticks w/ Sausage*	35
Vegetarian Chik Nuggets^ w/ WG Dinner Roll	35
Spicy or Chicken WG Bites+ w/ WG Roll	26/28
Hamburger~ or Cheeseburger~ on WG Bun	29/30
Chicken WG Patty+ on WG Bun	40
Hot Dog+ on WG Bun	28

**THURSDAY**

Philly Cheesesteak~ w/ Onions & Peppers & WG Onion Rings	39
Spicy Chicken WG Bites+ w/ Cheesy Spinach Dip, Salsa & WG Breadstick	38
Chicken WG Drumstick+ w/ Mashed Potatoes & Roll	35
Meatball Sub~	38
Meateaters~* WG Pizza	29
Cheese WG Crunchers^ w/ Marinara Sauce	50
Cheese WG Quesadilla^	33
Spicy Chicken WG Patty+ on WG Bun	37
Chicken WG Club+* on WG Pretzel Roll	42

**FRIDAY**

Nachos~ w/ Cheese Sauce & Salsa	48
Chorizo+ Queso w/ WG Scoops & Salsa	33
Chicken & Bacon Ranch+* WG Flatbread	35
Cheese^ or Pepperoni~+ WG Round Pizza	31
Spicy or Chicken WG Bites+ w/ WG Roll	26/28
Hamburger~ or Cheeseburger~ on WG Bun	29/30
Chicken WG Patty+ on WG Bun	40
Chicken WG Nuggets+ w/ WG Roll	31

Menu subject to change. Key: ~ Beef ^ Meatless P Peanuts \*Pork + Poultry V Vegan WG Whole Grain

**SOUP**

CARBOHYDRATES (GRAMS)

Ancient Grain Chicken+ Vegetable	22
Broccoli Cheese	20
Butternut Squash Soup <sup>V</sup>	41
Chili	27

**MEATLESS**

Grab n' Go Hummus & Cheese^ w/ WG Rounds	48
Grab n' Go Hummus <sup>V</sup> w/ WG Rounds	65
Grab n' Go Yogurt & WG Bagel^ w/ Cream Cheese	64
Grab n' Go Large Fruit & Yogurt WG Parfait^	95-101
Peanut Butter & Jelly WG Sandwich^P	63
Cheese WG Quesadilla^	33

**COLD SANDWICHES**

ALL SUBS AND CLASSIC SANDWICHES ARE ON WG BREAD

Cold Cut Sub+	31
Chicken Ham+ & Cheese	31
Ham* & Cheese Sub	31
Veggie Swiss Sub^	32
Egg Salad^	36
Ham*	34
Ham* & Cheese	33
Turkey+	30
Turkey+ Salad	45

**MAIN SALADS**

Chicken Caesar Salad+	26
Mediterranean Vegan Salad <sup>V</sup>	74
Spicy WG Chicken Salad+	16
Taco Salad~	53
Vegetarian (Egg/Cheese) Salad^	32

**FRUIT + VEGETABLES**

Baby Carrots	8	Hummus	18
Caesar Side Salad	2	Marinara Sauce	14
Dried Fruit	14	Shredded Lettuce & Diced Tomatoes	4
Fresh Fruit	14	Potatoes	25
Fruit Cup	16	Salsa	5
Fruit Juice	15	Roasted Chickpeas	24
Fruit Sorbet	21	Side Salad	4
Fresh Veggies	3		

**GRAINS**

WG Breadstick	13	WG Pita Chips	24
WG Dinner Roll	15	WG Pretzel Roll	29
WG Flatbread	13-29	WG Rice	31-62
WG Hamburger Bun	28	WG Rounds	29
WG Hot Dog Bun	27	WG Scoops	19

**DRINKS**

1% White Milk	11	Skim Milk	11
Chocolate Milk	20		

The meal includes a main dish, assorted fruits, vegetables and milk.

Nutrient &amp; Allergen Information is available at:

[www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/#Allergen](http://www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/#Allergen)

School meals meet the nutrition standards established by the United States Department of Agriculture for the National School Lunch Program.

This institution is an equal opportunity provider.