

MAY 2019 STAFF A LA CARTE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 DIVISION OF FOOD & NUTRITION SERVICES <small>MONTGOMERY COUNTY PUBLIC SCHOOLS</small>		1 Taco Cheese Puff^{HM} 419 cal \$2.55 Deviled Eggs^{HM} & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	2 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche^{HM} 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	3 Philly Steak & Cheese^{HM} Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
6 Pasta w/ Meat Sauce^{HM} 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese^{HM} 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	7 Macaroni & Cheese^{HM} 382 cal \$2.80 Vegetarian Chili^{HM} w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	8 Taco Salad^{HM} 426 cal \$4.00 Deviled Eggs^{HM} & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	9 Chicken Parmesan^{HM} w/ Pasta 414 cal \$3.25 BBQ^{HM} Chicken Drumstick w/ Green Beans 359 cal \$3.25 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	10 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche^{HM} 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
13 BBQ^{HM} Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese^{HM} 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	14 BBQ^{HM} 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	15 Taco Cheese Puff^{HM} 419 cal \$2.55 Deviled Eggs^{HM} & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	16 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche^{HM} 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	17 Philly Steak & Cheese^{HM} Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
20 Pasta w/ Meat Sauce^{HM} 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese^{HM} 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	21 Macaroni & Cheese^{HM} 382 cal \$2.80 Vegetarian Chili^{HM} w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	22 Chicken Caesar Salad 340 cal \$4.00 Deviled Eggs^{HM} & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	23 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	24 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche^{HM} 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
27 NO SCHOOL	28 BBQ^{HM} Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese^{HM} 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	29 BBQ^{HM} 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	30 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche^{HM} 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	31 Philly Steak & Cheese^{HM} Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75