

# SEPTEMBER 2019

## STAFF A LA CARTE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>NO SCHOOL</b>	<b>3</b> <b>Pasta w/ Meat Sauce<sup>HM</sup></b> 383 cal \$2.80 <b>Baked Potato w/ Chicken, Broccoli &amp; Cheese<sup>HM</sup></b> 507 cal \$3.25 <b>Fruit &amp; Cheese Smart Snack</b> 317 cal \$2.80	<b>4</b> <b>Macaroni &amp; Cheese<sup>HM</sup></b> 382 cal \$2.80 <b>Chili<sup>HM</sup> w/ WG Chips</b> 315 cal \$2.55 <b>Co-Jack &amp; Salsa Smart Snack</b> 366 cal \$2.80	<b>5</b> <b>Southwest Turkey Chef Salad</b> 270 cal \$4.00 <b>Grilled Cheese &amp; Tomato on Rye</b> 294 cal \$2.55 <b>Fresh Veggie Sticks w/ Ranch Dip</b> 118 cal \$2.55	<b>6</b> <b>Asian Chicken Salad</b> 370 cal \$4.00 <b>Bacon &amp; Cheese Crustless Quiche<sup>HM</sup></b> 514 cal \$3.75 <b>Small Spinach Salad w/ Dressing</b> 119 cal \$2.75
<b>9</b> <b>BBQ<sup>HM</sup> Chicken Drumstick w/ Green Beans</b> 359 cal \$3.25 <b>Baked Potato w/ Broccoli &amp; Cheese<sup>HM</sup></b> 427 cal \$2.80 <b>Fruit &amp; Cheese Smart Snack</b> 317 cal \$2.80	<b>10</b> <b>BBQ<sup>HM</sup> Beef Meatballs w/ Corn</b> 384 cal \$2.80 <b>Chicken &amp; Veggie Lo Mein</b> 466 cal \$3.25 <b>Co-Jack &amp; Salsa Smart Snack</b> 366 cal \$2.80	<b>11</b> <b>Taco Cheese Puff<sup>HM</sup></b> 419 cal \$2.55 <b>Deviled Eggs<sup>HM</sup> &amp; Veggies</b> 316 cal \$2.55 <b>Small Tossed Salad w/ Dressing</b> 59 cal \$2.75	<b>12</b> <b>Chicken Caesar Salad</b> 340 cal \$4.00 <b>Spinach &amp; Cheese Crustless Quiche<sup>HM</sup></b> 474 cal \$3.75 <b>Fresh Veggie Sticks w/ Ranch Dip</b> 118 cal \$2.55	<b>13</b> <b>Philly Steak &amp; Cheese<sup>HM</sup> Dippers</b> 455 cal \$3.25 <b>California Chef Salad w/ Turkey</b> 385 cal \$4.00 <b>Small Spinach Salad w/ Dressing</b> 119 cal \$2.75
<b>16</b> <b>Pasta w/ Meat Sauce<sup>HM</sup></b> 383 cal \$2.80 <b>Baked Potato w/ Chicken, Broccoli &amp; Cheese<sup>HM</sup></b> 507 cal \$3.25 <b>Fruit &amp; Cheese Smart Snack</b> 317 cal \$2.80	<b>17</b> <b>Macaroni &amp; Cheese<sup>HM</sup></b> 382 cal \$2.80 <b>Chili<sup>HM</sup> w/ WG Chips</b> 315 cal \$2.55 <b>Co-Jack &amp; Salsa Smart Snack</b> 366 cal \$2.80	<b>18</b> <b>Taco Salad<sup>HM</sup></b> 426 cal \$4.00 <b>Deviled Eggs<sup>HM</sup> &amp; Veggies</b> 316 cal \$2.55 <b>Small Tossed Salad w/ Dressing</b> 59 cal \$2.75	<b>19</b> <b>Southwest Turkey Chef Salad</b> 270 cal \$4.00 <b>Grilled Cheese &amp; Tomato on Rye</b> 294 cal \$2.55 <b>Fresh Veggie Sticks w/ Ranch Dip</b> 118 cal \$2.55	<b>20</b> <b>Asian Chicken Salad</b> 370 cal \$4.00 <b>Bacon &amp; Cheese Crustless Quiche<sup>HM</sup></b> 514 cal \$3.75 <b>Small Spinach Salad w/ Dressing</b> 119 cal \$2.75
<b>23</b> <b>BBQ<sup>HM</sup> Chicken Drumstick w/ Green Beans</b> 359 cal \$3.25 <b>Baked Potato w/ Broccoli &amp; Cheese<sup>HM</sup></b> 427 cal \$2.80 <b>Fruit &amp; Cheese Smart Snack</b> 317 cal \$2.80	<b>24</b> <b>BBQ<sup>HM</sup> Beef Meatballs w/ Corn</b> 384 cal \$2.80 <b>Chicken &amp; Veggie Lo Mein</b> 466 cal \$3.25 <b>Co-Jack &amp; Salsa Smart Snack</b> 366 cal \$2.80	<b>25</b> <b>Taco Cheese Puff<sup>HM</sup></b> 419 cal \$2.55 <b>Deviled Eggs<sup>HM</sup> &amp; Veggies</b> 316 cal \$2.55 <b>Small Tossed Salad w/ Dressing</b> 59 cal \$2.75	<b>26</b> <b>Chicken Caesar Salad</b> 340 cal \$4.00 <b>Spinach &amp; Cheese Crustless Quiche<sup>HM</sup></b> 474 cal \$3.75 <b>Fresh Veggie Sticks w/ Ranch Dip</b> 118 cal \$2.55	<b>27</b> <b>Philly Steak &amp; Cheese<sup>HM</sup> Dippers</b> 455 cal \$3.25 <b>California Chef Salad w/ Turkey</b> 385 cal \$4.00 <b>Small Spinach Salad w/ Dressing</b> 119 cal \$2.75
<b>30</b> <b>NO SCHOOL</b>	 DIVISION OF <b>FOOD &amp; NUTRITION SERVICES</b> MONTGOMERY COUNTY PUBLIC SCHOOLS			