

HIGH SCHOOL MENU

AUGUST/SEPTEMBER 2022

MONDAY 8/29/22		TUESDAY 8/30/22		WEDNESDAY 8/31/22		THURSDAY 9/1/22		FRIDAY 9/2/22	
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CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB	
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CHEF INSPIRED ENTRÉES

BBQ Pulled Chicken on Bun	274	34	Beef Nachos w/Salsa, Lettuce & Tomatoes	499	48	Spicy Chicken Power Bowl	475	51	Teriyaki Chicken & Broccoli Rice Bowl	421	60	Meatball~ Sub	337	38
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^V on Bun	280	36	Bean & Cheese Nachos w/Salsa, Lettuce & Tomatoes	545	64	Veggie Power Bowl ^V	615	95	Teriyaki Edamame & Broccoli Rice Bowl ^V	424	67	Veggie Burger ^V on Bun	280	36
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FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad ^V	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^V	448	63
Roasted Green Beans	26	4	Roasted Chickpeas	164	30	Side Salad	15	2	Roasted Green Beans	15	2	Side Salad	15	2
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
Baked Fries	110	17	Roasted Corn	107	19	Baked Fries	110	17	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Chicken Sandwich	342	36	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Hot Dog+	240	27	Spicy Chicken Tenders w/Roll	297	31	Cheese Crunchers w/ Marinara	467	51	Spicy Chicken Tenders w/Roll	297	31	Hot Dog+	240	27

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	Grab-N-Go Hummus & Scoops ^V	420	65	PB&J Sandwich ^V	600	64	Cold Cut Sub	292	32	Fruit & Yogurt Parfait	438	94
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Paid Meal Prices: Breakfast: \$1.30 Lunch: \$2.80
All meals are free for students who qualify for Free or Reduced priced meals.

Assorted fruit and milk are available at every meal.
 Assorted fruit: Calories 20-127; Carbs 7-33 Milk Calories 90-120; Carbs 12-20

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

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Montgomery County Public Schools Division of Food and Nutrition Services



HIGH SCHOOL MENU

SEPTEMBER 2022

MONDAY
9/5/22

TUESDAY
9/6/22

WEDNESDAY
9/7/22

THURSDAY
9/8/22

FRIDAY
9/9/22

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CHEF INSPIRED ENTRÉES

Beef Tacos	327	35	Ranch Chicken Power Bowl	655	71	Sweet N Sour Chicken w/Rice	382	63	Chicken Philly Sandwich	331	31
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N Street Tacos ^v	428	56	Veggie Power Bowl ^v	615	95	Sweet N Sour Chik'N w/Rice ^v	536	87	Veggie Burger ^v on Bun	280	36
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FROM THE FARMS

Chickpea Entrée Salad ^v	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^v	448	63
Roasted Chickpeas	164	30	Side Salad	15	2	Roasted Green Beans	15	2	Side Salad	15	2
Fresh Celery Sticks	11	2	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
Roasted Corn	107	19	Baked Fries	110	17	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

FAN Favorites

Hamburger or Cheeseburger	323	28	Chicken Sandwich	342	36	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Spicy Chicken Tenders w/Roll	297	31	Cheese Crunchers w/ Marinara	467	51	Spicy Chicken Tenders w/Roll	297	31	Hot Dog+	240	27

GRAB 'N GO

Grab-N-Go Hummus & Scoops ^v	420	65	PB&J Sandwich ^v	600	64	Cold Cut Sub	292	32	Fruit & Yogurt Parfait	438	94
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Milk Calories 90–120; Carbs 12–20

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HIGH SCHOOL MENU

SEPTEMBER 2022

MONDAY 9/12/22		TUESDAY 9/13/22		WEDNESDAY 9/14/22		THURSDAY 9/15/22		FRIDAY 9/16/22	
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CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB	
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CHEF INSPIRED ENTRÉES

Rotini w/Beef Sauce & Roll	438	44	Southwest Beef & Rice Bowl	384	56	Southwest Power Bowl	601	84	Chicken & Vegetable Dumplings	281	41	Mac & Cheese w/Chicken Bites & Roll	419	40
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v on Bun	280	36	Spicy Chik'N Street Tacos ^v	428	56	Veggie Power Bowl ^v	615	95	Teriyaki Edamame & Broccoli Rice Bowl ^v	424	67	Mac & Cheese w Chik'N Nuggets & Roll	448	61
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FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad ^v	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^v	448	63
Roasted Green Beans	26	4	Roasted Chickpeas	164	30	Side Salad	15	2	Roasted Green Beans	15	2	Side Salad	15	2
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
Baked Fries	110	17	Roasted Corn	107	19	Baked Fries	110	17	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

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Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Chicken Sandwich	342	36	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Hot Dog+	240	27	Spicy Chicken Tenders w/Roll	297	31	Cheese Crunchers w/ Marinara	467	51	Spicy Chicken Tenders w/Roll	297	31	Hot Dog+	240	27

GRAB 'N GO

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Montgomery County Public Schools Division of Food and Nutrition Services



HIGH SCHOOL MENU

SEPTEMBER 2022

MONDAY 9/19/22		TUESDAY 9/20/22		WEDNESDAY 9/21/22		THURSDAY 9/22/22		FRIDAY 9/23/22	
CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB	

CHEF INSPIRED ENTRÉES

BBQ Pulled Chicken on Bun	274	34	Beef Nachos w/Salsa, Lettuce & Tomatoes	499	48	Spicy Chicken Power Bowl	475	51	Teriyaki Chicken & Broccoli Rice Bowl	421	60	Meatball~ Sub	337	38
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PLANT-BASED & PLANT-FORWARD ENTRÉES

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Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
Baked Fries	110	17	Roasted Corn	107	19	Baked Fries	110	17	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

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HIGH SCHOOL MENU

SEPTEMBER 2022

MONDAY 9/26/22	TUESDAY 9/27/22	WEDNESDAY 9/28/22	THURSDAY 9/29/22	FRIDAY 9/30/22
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES

Beef Tacos	327	35	Ranch Chicken Power Bowl	655	71	Sweet N Sour Chicken w/Rice	382	63	Chicken Philly Sandwich	331	31
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N Street Tacos ^v	428	56	Veggie Power Bowl ^v	615	95	Sweet N Sour Chic'N w/Rice ^v	536	87	Veggie Burger ^v on Bun	280	36
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FROM THE FARMS

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Roasted Chickpeas	164	30	Side Salad	15	2	Roasted Green Beans	15	2	Side Salad	15	2
Fresh Celery Sticks	11	2	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
Roasted Corn	107	19	Baked Fries	110	17	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

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GRAB 'N GO

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Montgomery County Public Schools Division of Food and Nutrition Services



HIGH SCHOOL MENU

OCTOBER 2022

MONDAY 10/3/22		TUESDAY 10/4/22		WEDNESDAY 10/5/22		THURSDAY 10/6/22		FRIDAY 10/7/22	
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CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB	
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CHEF INSPIRED ENTRÉES

Beef Philly Sandwich	338	30	Chicken Tacos	335	32	Curry Chicken w/Rice	485	55	Mac & Cheese w/Chicken Bites & Roll	419	40
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^V on Bun	280	36	Spicy Chik'N Street Tacos ^V	428	56	Curry Chickpeas w/Rice ^V	439	78	Mac & Cheese w/Chik'N Nuggets & Roll	448	61
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FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad ^V	381	65	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^V	438	63
Roasted Green Beans	26	4	Roasted Chickpeas	164	30	2	Roasted Green Beans	15	2	Side Salad	15	2
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	8	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
Baked Fries	110	17	Roasted Corn	107	19	17	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

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BREAKFAST MENU

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

BREAKFAST BITES

Belgian Waffle w/Syrups	480	96	Sausage Breakfast Sandwich	210	27	Egg & Cheese <i>Maryland Made</i> Croissant	275	30	Turkey Ham & Cheese Breakfast Sandwich	270	30	Egg & Cheese English Muffin	200	24
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DAILY ALTERNATE CHOICES

Egg & Turkey Sausage Bagel	180	23	Blueberry Chex Cereal	240	46	Yogurt & Oatmeal Breakfast Bar	220	38	French Toast Sticks w/Syrups	512	97	Mini Cinnamon Bagel	240	41
Egg & Cheese <i>Maryland Made</i> Croissant	275	30	Honey Cheerios Cereal	210	44	Fruit & Yogurt Parfait w/Granola	260	58	<i>Maryland Made</i> Cinnamon Roll ^v	232	28	Mini Strawberry Bagel	230	42

Maryland Meals for Achievement Breakfast

Egg & Turkey Sausage Bagel	180	23	Mini Maple Pancakes w/Syrups	450	97	Egg & Cheese English Muffin	200	24	Belgian Waffle w/Syrups	480	96	<i>Maryland Made</i> Cinnamon Roll ^v	240	41
Honey Cheerios Cereal	210	44	Yogurt & Oatmeal Breakfast Bar	220	38	Mini Strawberry or Cinnamon Bagel	230	41	Yogurt w/Grahams	232	38	Blueberry Chex Cereal	240	46

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