

SECONDARY SCHOOL CAFE

2018/2019

MAIN CHOICES

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

MONDAY

	CAL	COMPONENTS
Chicken Curry+ w/ WG Rice	326	G,P
Bacon Cheeseburger*~ on WG Pretzel Roll	551	G,P
Cheese^ or Pepperoni+ WG Round Pizza	330-350	G,P
Spicy or Chicken WG Bites+ w/ WG Roll	307-320	G,P
Hamburger~ or Cheeseburger~ on WG Bun	270-288	G,P
Chicken WG Patty+ on WG Bun	400	G,P
Chicken WG Nuggets+ w/ WG Roll	329	G,P

TUESDAY

Mac & Cheese Combo+ w/ WG Roll	339-378	G,P
Korean Beef~ Street Tacos w/ Broccoli Slaw (Bowl)	385	G,P,V
Meateaters~* WG Pizza	349-370	G,P
Cheese WG Crunchers^ w/ Marinara Sauce	433	G,P,V
Grilled Cheese WG Quesadilla^	243	G,P
Spicy Chicken WG Patty+ on WG Bun	341	G,P
Spicy Chicken WG Club+* on WG Pretzel Roll	409	G,P

WEDNESDAY

Soft Mini Chicken Tacos+	305	G,P,V
Cheese Enchiladas^	341	G,P
Chorizo+ Queso Fundido w/ WG Scoops	358	G,P
Spicy or Chicken WG Bites+ w/ WG Roll	307-320	G,P
Cheesy Burger~ on WG Bun or Hot Dog+ on WG Bun	310-312	G,P
Chicken WG Patty+ on WG Bun	400	G,P
Chicken WG Nuggets+ w/ WG Roll	329	G,P

THURSDAY

Philly Cheesesteak~ w/ Onions & Peppers	440	G,P,V
Spicy Chicken WG Bites+ w/ Cheesy Spinach Dip & WG Scoops	449	G,P,V
Meateaters~* WG Pizza	349-370	G,P
Cheese WG Crunchers^ w/ Marinara Sauce	433	G,P,V
Grilled Cheese WG Quesadilla^	243	G,P
Spicy Chicken WG Patty+ on WG Bun	341	G,P
Chicken WG Club+* on WG Pretzel Roll	468	G,P

FRIDAY

Nachos~ w/ Cheese Sauce	422-453	G,P
Chicken & Bacon Ranch+* WG Flatbread	455	G,P
Cheese^ or Pepperoni+ WG Round Pizza	330-350	G,P
Spicy or Chicken WG Bites+ w/ WG Roll	307-320	G,P
Hamburger~ or Cheeseburger~ on WG Bun	270-288	G,P
Chicken WG Patty+ on WG Bun	400	G,P
Chicken WG Nuggets+ w/ WG Roll	329	G,P

Menu subject to change.

Key: ~ Beef ^ Meatless P Peanuts *Pork + Poultry V Vegan WG Whole Grain

SOUP

	CAL	COMPONENTS
Ancient Grain Chicken+ Vegetable	143	G, P, V
Broccoli Cheese	205	P, V
Chili	193	P, V

MEATLESS

Grab n' Go Hummus & Cheese^ w/ WG Rounds	380	G,P
Grab n' Go Hummus ^V w/ WG Rounds	440	G,P
Grab n' Go Yogurt & WG Bagel^ w/ Cream Cheese	376	G,P
Grab n' Go Large Fruit & Yogurt WG Parfait^	438-489	G, P, F
Peanut Butter & Jelly WG Sandwich^P	550	G,P
Grilled Cheese WG Quesadilla^	243	G,P

COLD SANDWICHES

ALL SUBS AND CLASSIC SANDWICHES ARE ON WG BREAD

Cold Cut Sub+	292	G,P
Chicken Ham+ & Cheese	286	G,P
Ham* & Cheese Sub	315	G,P
Veggie Swiss Sub^	252	G,P,V
Egg Salad^	342	G,P
Ham*	242	G, P
Ham* & Cheese	244	G,P
Turkey+	241	G,P
Turkey+ Salad	375	G,P

MAIN SALADS

Chicken Caesar Salad+	324	G, P, V
Mediterranean Vegan Salad ^V	471	G, P, V
Spicy WG Chicken Salad+	210	G, P, V
Taco Salad~	429	G, P, V
Vegetarian (Egg/Cheese) Salad^	366	G, P, V

FRUIT + VEGETABLES all F or V

Baby Carrots	30	Hummus	202
Caesar Side Salad	92	Marinara Sauce	64
Dried Fruit	110-127	Shredded Lettuce & Diced Tomatoes	13
Fresh Fruit	30-90	Potatoes	74-140
Fruit Cup	50-80	Salsa	5-45
Fruit Juice	55-60	Roasted Chickpeas	160
Fruit Sorbet	77	Side Salad	19
Fresh Veggies	20-25		

GRAINS all G

WG Pita Chips	160	WG Rounds	200
WG Pretzel Roll	160	WG Scoops	110
WG Rice	103		

LUNCH MEAL PRICES

Paid	\$2.80	Reduced	\$.40
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The meal includes a main dish, assorted fruits, vegetables and milk.

Nutrient & Allergen Information is available at:

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.



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