

OCTOBER 2021 SECONDARY MENU

MONDAY 10/04/21		TUESDAY 10/05/21		WEDNESDAY 10/06/21		THURSDAY 10/07/21		FRIDAY 10/08/21	
CAL		CAL		BREAKFAST		CAL		CAL	
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	143	Yogurt + Oatmeal Bar^{^WGIW}	220	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	186	Beef + Cheese Mini Bagel^{IWWG~}	235	Cinnamon Roll^{^WGIW}	232
Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Apple Juice	60
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120
LUNCH									
Mandarin Orange Chicken⁺ w/ Veggie Rice^{WG}	430	Mac & Cheese w/ Chicken Bites^{+WG} + Roll^{WG}	437	Bacon Cheeseburger^{~*} on Bun^{WG}	380	Ranch Chicken⁺ Power Bowl	609	Nachos[~] w/ Tortilla Pieces^{WG} + Salsa	422-453
OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350	Veggie Power Bowl^v	581	Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350
Hamburger[~] or Cheeseburger[~] on Bun^{WG}	270-288	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350	Cheese Crunchers^{^WG} w/ Marinara Sauce	433	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	270-288	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400	Hot Dog⁺ on Bun^{WG}	310	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400
Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377
Baby Carrots	35	Baked Fries	110	Caesar Salad	8	Baked Fries	110	Roasted Corn	107
Seasoned Potatoes	140	Side Salad	19	Crinkle Cut Potatoes	110	Roasted Chickpeas	160	Shredded Lettuce + Diced Tomatoes	13
Side Salad	19	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	182	Side Salad	19	Seasoned Potatoes	140
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127

Other daily entree choices may include peanut butter and jelly sandwiches, grilled cheese, hummus, bagel and cream cheese with yogurt, and fruit yogurt and granola parfait. Please check with your school cafeteria manager for your options. Please check the website for menu changes in the event of a change to the school schedule. Nutrition, allergen, and gluten free information is available on the web at www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/ Please note that the calculated calories of some main choices may include a whole grain item that has a calorie range of 70-180 calories.

OCTOBER 2021 SECONDARY MENU

MONDAY 10/11/21		TUESDAY 10/12/21		WEDNESDAY 10/13/21		THURSDAY 10/14/21		FRIDAY 10/15/21	
CAL		CAL		BREAKFAST		CAL		CAL	
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	143	Yogurt + Oatmeal Bar^{WGIW}	220	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	186	Beef + Cheese Mini Bagel^{IWWG~}	235	Cinnamon Roll^{WGIW}	232
Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Apple Juice	60
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120
LUNCH									
Spicy Chicken Bites^{+WG} w/ Cheesy Spinach Dip, Salsa + Roll^{WG}	434	Chicken Drumstick⁺ w/ Mashed Potatoes + Roll^{WG}	332	Philly Cheesesteak^{-WG} w/ Onions + Peppers + Onion Rings^{WG}	440	Southwest Chicken⁺ Power Bowl	609	Nachos[~] w/ Tortilla Pieces^{WG} + Salsa	422-453
OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350	Veggie Power Bowl^v	581	Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350
Hamburger[~] or Cheeseburger[~] on Bun^{WG}	270-288	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350	Cheese Crunchers^{^WG} w/ Marinara Sauce	433	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	270-288	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400	Hot Dog⁺ on Bun^{WG}	310	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400
Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377
Baby Carrots	35	Baked Fries	110	Caesar Salad	8	Baked Fries	110	Roasted Corn	107
Seasoned Potatoes	140	Side Salad	19	Crinkle Cut Potatoes	110	Roasted Chickpeas	160	Shredded Lettuce + Diced Tomatoes	13
Side Salad	19	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	182	Side Salad	19	Seasoned Potatoes	140
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127

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OCTOBER 2021 SECONDARY MENU

MONDAY 10/18/21		TUESDAY 10/19/21		WEDNESDAY 10/20/21		THURSDAY 10/21/21		FRIDAY 10/22/21	
CAL		CAL		BREAKFAST		CAL		CAL	
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	143	Yogurt + Oatmeal Bar^{^WGIW}	220	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	186	Beef + Cheese Mini Bagel^{IWWG~}	235	Cinnamon Roll^{^WGIW}	232
Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Apple Juice	60
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120
LUNCH									
Mandarin Orange Chicken⁺ w/ Veggie Rice^{WG}	430	Mac & Cheese w/ Chicken Bites^{+WG} + Roll^{WG}	437	Bacon Cheeseburger^{~*} on Bun^{WG}	380	Ranch Chicken⁺ Power Bowl	609	Nachos[~] w/ Tortilla Pieces^{WG} + Salsa	422-453
OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350	Veggie Power Bowl^v	581	Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350
Hamburger[~] or Cheeseburger[~] on Bun^{WG}	270-288	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350	Cheese Crunchers^{^WG} w/ Marinara Sauce	433	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	270-288	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400	Hot Dog⁺ on Bun^{WG}	310	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400
Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377
Baby Carrots	35	Baked Fries	110	Caesar Salad	8	Baked Fries	110	Roasted Corn	107
Seasoned Potatoes	140	Side Salad	19	Crinkle Cut Potatoes	110	Roasted Chickpeas	160	Shredded Lettuce + Diced Tomatoes	13
Side Salad	19	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	182	Side Salad	19	Seasoned Potatoes	140
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127

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OCTOBER 2021 SECONDARY MENU

MONDAY 10/25/21		TUESDAY 10/26/21		WEDNESDAY 10/27/21		THURSDAY 10/28/21		FRIDAY 10/29/21	
CAL		CAL		BREAKFAST		CAL		CAL	
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	143	Yogurt + Oatmeal Bar^{^WGIW}	220	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	186	Beef + Cheese Mini Bagel^{IWWG~}	235	Cinnamon Roll^{^WGIW}	232
Apple Juice	60	Orange Juice	60	Apple Juice	60	Orange Juice	60	Apple Juice	60
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120
LUNCH									
Spicy Chicken Bites^{+WG} w/ Cheesy Spinach Dip, Salsa + Roll^{WG}	434	Chicken Drumstick⁺ w/ Mashed Potatoes + Roll^{WG}	332	Philly Cheesesteak^{~WG} w/ Onions + Peppers + Onion Rings^{WG}	440	Southwest Chicken⁺ Power Bowl	609	Nachos[~] w/ Tortilla Pieces^{WG} + Salsa	422-453
OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350	Veggie Power Bowl^v	581	Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350
Hamburger[~] or Cheeseburger[~] on Bun^{WG}	270-288	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350	Cheese Crunchers^{^WG} w/ Marinara Sauce	433	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	270-288	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400	Hot Dog⁺ on Bun^{WG}	310	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400
Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377
Baby Carrots	35	Baked Fries	110	Caesar Salad	8	Baked Fries	110	Roasted Corn	107
Seasoned Potatoes	140	Side Salad	19	Crinkle Cut Potatoes	110	Roasted Chickpeas	160	Shredded Lettuce + Diced Tomatoes	13
Side Salad	19	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	182	Side Salad	19	Seasoned Potatoes	140
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127

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