

NOVEMBER 2021 SECONDARY MENU

MONDAY 11/01/21		TUESDAY 11/02/21		WEDNESDAY 11/03/21		THURSDAY 11/04/21		FRIDAY 11/05/21	
CAL		CAL		BREAKFAST		CAL		CAL	
Maple Beef Sausage~ Pancake Sandwich^{WGIW} 143	Apple Juice 60 Fruit 29-127 Milk 90-120	Yogurt + Oatmeal Bar^{WGIW} 220	Orange Juice 60 Fruit 29-127 Milk 90-120	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 186	Apple Juice 60 Fruit 29-127 Milk 90-120	NO SCHOOL		Cinnamon Roll^{WGIW} 232	Apple Juice 60 Fruit 29-127 Milk 90-120
LUNCH									
Spicy Chicken Bites^{+WG} w/ Cheesy Spinach Dip, Salsa + Roll^{WG} 434	OR	Chicken Drumstick⁺ w/ Mashed Potatoes + Rolls^{WG} 332-402	OR	Mini Beef Soft Tacos~ w/ Lettuce + Tomatoes + Salsa 365	OR	NO SCHOOL		Nachos~ w/ Tortilla Pieces^{WG} + Salsa 422-453	OR
Chik'n Nuggets^v w/ Rolls^{WG} 260	Hamburger~ or Cheeseburger~ on Bun^{WG} 270-288	Veggie Burger^v on Bun^{WG} 330-350	Round Pizza^{WG} Cheese[^] or Pepperoni⁺ 330-350	Veggie Power Bowl^v 581	Cheese Crunchers^{WG} w/ Marinara Sauce 433			Veggie Burger^v on Bun^{WG} 330-350	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺ 320-365
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺ 320-365	Cold Sub/Sandwich^{WG} 241-377	Spicy/Chicken Patty^{+WG} on Bun^{WG} 400	Spicy/Chicken Patty^{+WG} on Bun^{WG} 400	Hot Dog⁺ on Bun^{WG} 310	Hot Dog⁺ on Bun^{WG} 310			Spicy/Chicken Patty^{+WG} on Bun^{WG} 400	Spicy/Chicken Patty^{+WG} on Bun^{WG} 400
Cold Sub/Sandwich^{WG} 241-377	Chili Soup 182 Baby Carrots w/ Ranch 35/55 Seasoned Potatoes 140 Side Salad 19 Fruit 29-127	Cold Sub/Sandwich^{WG} 241-377	Tomato Soup 155 Baked Fries 110 Side Salad 19 Celery + Grape Tomatoes w/ Ranch 9/55 Fruit 29-127	Cold Sub/Sandwich^{WG} 241-377	Chicken + Ancient Grains Soup ⁺ 149 Caesar Salad 8/63 Crinkle Cut Potatoes 110 Ranchero Beans 182 Fruit 29-127			Cold Sub/Sandwich^{WG} 241-377	Chili Soup 182 Roasted Corn 107 Shredded Lettuce + Diced Tomatoes 13 Seasoned Potatoes 140 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.

NOVEMBER 2021 SECONDARY MENU

MONDAY 11/08/21		TUESDAY 11/09/21		WEDNESDAY 11/10/21		THURSDAY 11/11/21		FRIDAY 11/12/21	
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									
Bacon Cheeseburger~* on Bun^{WG}	380	Mac & Cheese w/ Chicken Bites^{+WG} + Rolls^{WG}	437	Chicken + Vegetable Dumpling⁺ Stir Fry w/ Veggie Rice^{WG}	530	Ranch Chicken⁺ Power Bowl	609	Nachos~ w/ Tortilla Pieces^{WG} + Salsa	422-453
OR		OR		OR		OR		OR	
Chik'n Nuggets' w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350	Veggie Power Bowl^v	581	Chik'n Nuggets' w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350
Spicy/Chicken Patty^{+WG} on Bun^{WG}	400	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350	Cheese Crunchers^{^WG} w/ Marinara Sauce	433	Hamburger~ or Cheeseburger~ on Bun^{WG}	270-288	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Hamburger~ or Cheeseburger~ on Bun^{WG}	270-288	Hot Dog⁺ on Bun^{WG}	310	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350	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
Chili Soup	182	Chicken + Ancient Grains Soup ⁺	149	Butternut Squash Soup ^v	324	Chili Soup	182	Chili Soup	182
Baby Carrots w/ Ranch	35/55	Caesar Salad	8/63	Baked Fries	110	Roasted Corn	107	Roasted Corn	107
Seasoned Potatoes	140	Crinkle Cut Potatoes	110	Roasted Chickpeas	160	Shredded Lettuce + Diced Tomatoes	13	Shredded Lettuce + Diced Tomatoes	13
Side Salad	19	Ranchero Beans	182	Side Salad	19	Seasoned Potatoes	140	Seasoned Potatoes	140
Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127	Fruit	29-127

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NOVEMBER 2021 SECONDARY MENU

MONDAY 11/15/21		TUESDAY 11/16/21		WEDNESDAY 11/17/21		THURSDAY 11/18/21		FRIDAY 11/19/21	
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 + Rolls^{WG}	332	THANKSGIVING SPECIAL		Cheese Enchiladas w/ Enchilada Sauce[^] + Salsa	366	Nachos~ w/ Tortilla Pieces^{WG} + Salsa	
OR		OR		Roast Turkey⁺ w/ Gravy + Cranberry Sauce + Green Beans + Stuffing + Mashed Potatoes	417	OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	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	Hot Dog⁺ on Bun^{WG}	310	Hamburger~ or Cheeseburger~ on Bun^{WG}	270-288	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Spicy/Chicken Patty^{+WG} on Bun^{WG}	400	Cold Sub/Sandwich^{WG}	241-377	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350	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
Chili Soup	182	Tomato Soup	153	Side Salad	19	Butternut Squash Soup ^v	324	Chili Soup	182
Baby Carrots w/ Ranch	35/55	Baked Fries	110	Fruit	29-127	Baked Fries	110	Roasted Corn	107
Seasoned Potatoes	140	Side Salad	19			Roasted Chickpeas	160	Shredded Lettuce + Diced Tomatoes	13
Side Salad	19	Celery + Grape Tomatoes w/ Ranch	9/55			Side Salad	19	Seasoned Potatoes	140
Fruit	29-127	Fruit	29-127			Fruit	29-127	Fruit	29-127

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NOVEMBER 2021 SECONDARY MENU

MONDAY 11/22/21		TUESDAY 11/23/21		WEDNESDAY 11/24/21		THURSDAY 11/25/21		FRIDAY 11/26/21	
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	HOLIDAY		HOLIDAY	
Apple Juice	60	Orange Juice	60	Apple Juice	60				
Fruit	29-127	Fruit	29-127	Fruit	29-127				
Milk	90-120	Milk	90-120	Milk	90-120				
LUNCH									
Bacon Cheeseburger~* on Bun^{WG}	380	Mac & Cheese w/ Chicken Bites^{+WG} + Rolls^{WG}	437	Chicken + Vegetable Dumpling⁺ Stir Fry w/ Veggie Rice^{WG}	530	HOLIDAY		HOLIDAY	
OR		OR		OR					
Chik'n Nuggets' w/ Rolls^{WG}	260	Veggie Burger^v on Bun^{WG}	330-350	Veggie Power Bowl^v	581				
Spicy/Chicken Patty^{+WG} on Bun^{WG}	400	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	330-350	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365				
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	320-365	Hamburger~ or Cheeseburger~ on Bun^{WG}	270-288	Hot Dog⁺ on Bun^{WG}	310				
Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377	Cold Sub/Sandwich^{WG}	241-377				
Chili Soup	182	Tomato Soup	155	Chicken + Ancient Grains Soup ⁺	149				
Baby Carrots w/ Ranch	35/55	Baked Fries	110	Caesar Salad	8/63				
Seasoned Potatoes	140	Side Salad	19	Crinkle Cut Potatoes	110				
Side Salad	19	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	182				
Fruit	29-127	Fruit	29-127	Fruit	29-127				

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NOVEMBER 2021 SECONDARY MENU

MONDAY 11/29/21		TUESDAY 11/30/21		WEDNESDAY		THURSDAY		FRIDAY	
CAL		CAL		BREAKFAST					
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	143	Yogurt + Oatmeal Bar^{WGIW}	220						
Apple Juice	60	Orange Juice	60						
Fruit	29-127	Fruit	29-127						
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						
OR		OR							
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						
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						
Chili Soup	182	Tomato Soup	155						
Baby Carrots w/ Ranch	35/55	Baked Fries	110						
Seasoned Potatoes	140	Side Salad	19						
Side Salad	19	Celery + Grape Tomatoes w/ Ranch	9/55						
Fruit	29-127	Fruit	29-127						

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