

HIGH SCHOOL MENU

DECEMBER 2022

MONDAY 1/2/23	TUESDAY 1/3/23	WEDNESDAY 1/4/23	THURSDAY 1/5/23	FRIDAY 1/6/23
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES

Southwest Beef & Rice Bowl	384	56	BBQ Beef Sandwich	380	33	Curry Chicken w/Brown Rice	552	76	Mac & Cheese w/Chicken Bites & Dinner Roll	419	40
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N Street Tacos ^v	428	56	Veggie Burger ^v on Bun	280	36	Curry Chickpeas ^v w/Brown Rice	506	98	Mac & Cheese w/Chik'N Nuggets & Dinner Roll	438	40
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FROM THE FARMS

Southwest Pinto Beans	164	30	Roasted Corn	107	19	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^v	448	63
Sweet-Heat Potatoes	131	31	Roasted Green Beans	26	4	Garlic & Herb Broccoli	70	5	Baked Fries	110	17
Vegetarian Broccoli Cheddar Soup	177	19	Chicken Vegetable & Ancient Grain Soup	149	22	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
						Chili Soup~	184	28	Tomato Soup	155	23

FAN Favorites

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

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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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

Paid Meal Prices: Breakfast \$1.30 Lunch \$2.80
All meals are free for students who qualify for Free or Reduced priced meals.



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

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 ^v 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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