

HIGH SCHOOL MENU

JANUARY 2023

MONDAY 1/2/23 **TUESDAY** 1/3/23 **WEDNESDAY** 1/4/23 **THURSDAY** 1/5/23 **FRIDAY** 1/6/23

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

CHEF INSPIRED ENTRÉES

Southwest Beef & Rice Bowl	384	56	BBQ Beef Sandwich	380	33	Curry Chicken w/Brown Rice	584	80	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	538	101	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	381	36	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

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



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

JANUARY 2023

MONDAY 1/9/23 **TUESDAY** 1/1/23 **WEDNESDAY** 1/11/23 **THURSDAY** 1/12/23 **FRIDAY** 1/13/23

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

CHEF INSPIRED ENTRÉES

French Toast Sticks w/ Sausage* & Syrup	532	66	Beef Nachos w/Salsa, Lettuce & Tomatoes	499	48	Chicken Parm Sub	493	52	Cuban Seasoned Beef w/ Brown Rice	549	86	Chicken Drumstick w/ Mashed Potatoes & Rolls	422	50
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PLANT-BASED & PLANT-FORWARD ENTRÉES

French Toast Sticks w/Chik'N Nuggets ^v & Syrup	640	90	Bean & Cheese Nachos w/ Salsa, Lettuce & Tomatoes	545	64	Chik'N Parm Sub	525	63	Spicy Chik'N Street Tacos ^v w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Burger ^v on Bun	280	36
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FROM THE FARMS

Spicy Chicken Entrée Salad	381	36	Chickpea Entrée Salad ^v	381	65	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	381	36	Chik'N Entrée Salad ^v	448	63
Seasoned Potatoes	110	17	Southwest Pinto Beans	164	30	Baked Fries	110	17	Garlic & Herb Broccoli	70	5	Baked Fries	110	17
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	Side Salad	15	2	Fresh Grape Tomatoes	35	8	Coleslaw	55	7
Butternut Squash Soup ^v	155	23	Chili Soup	184	28	Tomato Soup	155	23	Vegetarian Broccoli Cheddar Soup	177	19	Chicken Vegetable & Ancient Grain Soup	149	22

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	Spicy Chicken Tenders w/Roll	297	31	Grilled Cheese Sandwich	280	30	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64	Grab-N-Go Hummus & Scoops ^v	420	65	PB&J Sandwich ^v	600	64	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

Paid Meal Prices: Breakfast \$1.30 Lunch \$2.80
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HIGH SCHOOL MENU

JANUARY 2023

MONDAY 1/16/23	TUESDAY 1/17/23	WEDNESDAY 1/18/23	THURSDAY 1/19/23	FRIDAY 1/20/23
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES

Chicken Tacos w/Salsa, Lettuce & Tomatoes	499	48	Chicken Bite Bowl	338	48	Sweet & Sour Chicken w/Rice	385	50	BBQ Beef Sandwich	380	33
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N Street Tacos ^v w/ Salsa, Lettuce & Tomatoes	428	56	Chik'N Bite Bowl	500	74	Sweet & Sour Chik'N ^v w/Rice	539	89	Veggie Burger ^v on Bun	280	36
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FROM THE FARMS

Chickpea Entrée Salad ^v	381	65	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	381	36	Chik'N Entrée Salad ^v	448	63
Southwest Pinto Beans	164	30	Baked Fries	110	17	Garlic & Herb Broccoli	70	5	Baked Fries	110	17
Fresh Celery Sticks	11	2	Side Salad	15	2	Fresh Grape Tomatoes	35	8	Coleslaw	55	7
Chili Soup	184	28	Tomato Soup	155	23	Vegetarian Broccoli Cheddar Soup	177	19	Chicken Vegetable & Ancient Grain Soup	149	22

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	Grilled Cheese Sandwich	280	30	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

PB&J Sandwich ^v	600	64	Grab-N-Go Hummus & Scoops ^v	420	65	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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HIGH SCHOOL MENU

JANUARY 2023

MONDAY 1/23/23	TUESDAY 1/24/23	WEDNESDAY 1/25/23	THURSDAY 1/26/23	FRIDAY 1/27/23
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES										
Chicken & Waffles w/Syrup	574	78	Shredded Beef Enchilada Tacos w/Salsa, Lettuce & Tomatoes	363 30	Beef Loaded Potatoes w/ Cheese & Rolls	663	90	Curry Chicken w/Brown Rice	584	80

PLANT-BASED & PLANT-FORWARD ENTRÉES										
Chik'N & Pancakes w/Syrup	607	90	Spicy Chik'N Street Tacos ^v w/ Salsa, Lettuce & Tomatoes	428 56	Veggie Loaded Potatoes w/ Cheese & Rolls	677	105	Curry Chickpeas ^v w/Brown Rice	538	101

FROM THE FARMS										
Spicy Chicken Entrée Salad	381	36	Chickpea Entrée Salad ^v	381 65	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	381	36
Seasoned Potatoes	110	17	Southwest Pinto Beans	164 30	Baked Fries	110	17	Garlic & Herb Broccoli	70	5
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11 2	Side Salad	15	2	Fresh Grape Tomatoes	35	8
Butternut Squash Soup ^v	155	23	Chili Soup	184 28	Tomato Soup	155	23	Vegetarian Broccoli Cheddar Soup	177	19

FAN Favorites										
Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323 28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28
Chicken Sandwich	342	36	Spicy Chicken Tenders w/Roll	297 31	Grilled Cheese Sandwich	280	30	Spicy Chicken Tenders w/Roll	297	31

GRAB 'N GO										
Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600 64	Grab-N-Go Hummus & Scoops ^v	420	65	PB&J Sandwich ^v	600	64

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Montgomery County Public Schools Division of Food and Nutrition Services

HIGH SCHOOL MENU

JANUARY/FEBRUARY 2023

MONDAY 1/30/23		TUESDAY 1/31/23		WEDNESDAY 2/1/23		THURSDAY 2/2/23		FRIDAY 2/3/23	
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CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB	
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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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