

MIDDLE SCHOOL MENU

FEBRUARY/MARCH 2023

MONDAY
2/27/2023

TUESDAY
2/28/2023

WEDNESDAY
3/01/2023

THURSDAY
3/02/2023

FRIDAY
3/03/2023

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CHEF INSPIRED ENTRÉES

Meatball Sub	337	38	Shredded Beef Enchilada Tacos w/Lettuce and Tomatoes	363	30	Turkey Dinner w/Mashed Potatoes, Gravy, & Rolls	363	49	Hunan Orange Chicken w/ Rice	526	74	BBQ Beef Sandwich	380	33
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger on Bun ^V	280	36	Spicy Chik'N Street Tacos ^V	428	56	Chik'N Bite Bowl	500	74	Chik'N & Broccoli Teriyaki w/ Rice ^V	575	84	Veggie Burger on Bun ^V	280	36
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FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad ^V	381	65	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^V	448	63
Seasoned Potatoes	110	17	Southwest Pinto Beans	164	30	Roasted Corn	107	19	Baked Fries	110	17	Baked Fries	110	17
Fresh Baby Carrots	35	8	Sweet-Heat Potatoes	131	31	Side Salad	15	2	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
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

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

MARCH 2023

FRIDAY
3/10/2023

CAL | CARB

Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU

MARCH 2023

MONDAY
3/13/2023

TUESDAY
3/14/2023

WEDNESDAY
3/15/2023

THURSDAY
3/16/2023

FRIDAY
3/17/2023

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	440	63	Chicken Drumstick w/ Mashed Potatoes & Rolls	380	33
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PLANT-BASED & PLANT-FORWARD ENTRÉES

French Toast Sticks w/Chik'N Nuggest ^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	521	55	Chickpea Entrée Salad ^V	381	65	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^V	448	63
Seasoned Potatoes	110	17	Southwest Pinto Beans	164	30	Roasted Corn	107	19	Baked Fries	110	17	Baked Fries	110	17
Fresh Baby Carrots	35	8	Sweet-Heat Potatoes	131	31	Side Salad	15	2	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
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

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.



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Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU										MARCH 2023				
MONDAY 3/20/2023			TUESDAY 3/21/2023			WEDNESDAY 3/22/2023			THURSDAY 3/23/2023			FRIDAY 3/24/2023		
CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		
CHEF INSPIRED ENTRÉES														
Meatball Sub	337	38	Shredded Beef Enchilada Tacos w/Lettuce and Tomatoes	363	30	Turkey Dinner w/Mashed Potatoes, Gravy, & Rolls	363	49	Hunan Orange Chicken w/ Rice	526	74	BBQ Beef Sandwich	380	33
PLANT-BASED & PLANT-FORWARD ENTRÉES														
Veggie Burger on Bun ^V	280	36	Spicy Chik'N Street Tacos ^V	428	56	Chik'N Bite Bowl	500	74	Chik'N & Broccoli Teriyaki w/ Rice ^V	575	84	Veggie Burger on Bun ^V	280	36
FROM THE FARMS														
Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad ^V	381	65	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^V	448	63
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Fresh Baby Carrots	35	8	Sweet-Heat Potatoes	131	31	Side Salad	15	2	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
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
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 ^V Vegan														
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 Montgomery County Public Schools Division of Food and Nutrition Services														

MIDDLE SCHOOL MENU

MARCH 2023

MONDAY
3/27/2023

TUESDAY
3/28/2023

WEDNESDAY
3/29/2023

THURSDAY
3/30/2023

FRIDAY
3/31/2023

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CHEF INSPIRED ENTRÉES

Chicken & Waffles w/ Syrup	532	66	Chicken Tacos w/Lettuce and Tomatoes	499	48	Beef Loaded Potatoes w/Rolls	493	52	Curry Chicken w/Brown Rice	467	48
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Chik'N & Waffles w/Syrup	640	90	Spicy Chik'N Street Tacos [✓] w/Lettuce and Tomatoes	545	64	Veggie Loaded Potatoes w/ Rolls	525	63	Curry Chickpeas [✓] w/Brown Rice	336	65
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FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad [✓]	381	65	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55
Seasoned Potatoes	110	17	Southwest Pinto Beans	164	30	Roasted Corn	107	19	Baked Fries	110	17
Fresh Baby Carrots	35	8	Sweet-Heat Potatoes	131	31	Side Salad	15	2	Fresh Grape Tomatoes	35	8
Butternut Squash Soup [✓]	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 [✓]	600	64	Grab-N-Go Hummus & Scoops [✓]	420	65	PB&J Sandwich [✓]	600	64
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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

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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 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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