

# SECONDARY MENU

## MAY 2022

MCPS Division of Food and Nutrition and Nutrition Services (DFNS) is currently experiencing the impact of nationwide supply chain issues, which have been causing sudden menu changes. DFNS is committed to providing quality, nutritious meals to our students. In efforts to minimize the impact of these changes, DFNS is currently taking precautionary steps including streamlining menu options. We appreciate your understanding and patience during this time.

MONDAY 5/2/22		TUESDAY 5/3/22		WEDNESDAY 5/4/22		THURSDAY 5/5/22		FRIDAY 5/6/22				
<b>BREAKFAST</b>												
<b>NO SCHOOL</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>			
	Yogurt Smoothie w/Grahams	260	56	Apple Cinnamon Oatmeal Round	280	38	Cereal	240	46	Belgian Waffle w/Syrup	480	96
	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16
<b>LUNCH</b>												
<b>FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL: FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20</b>												
<b>NO SCHOOL</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>			
	BBO Pulled Chicken on Bun	274	35	Chicken & Vegetable Dumplings	281	41	Rotini w/Meat Sauce w/Roll	429	43	Meatball~ Sub	337	38
	Veggie Burger <sup>V</sup> on Bun	280	37	Teriyaki Edamame <sup>V</sup> w/WG Rice	429	70	Buffalo Chik'N Nuggets <sup>V</sup> w/Rolls	393	57	Vegan Chili <sup>V</sup> w/Tortilla Pieces	541	76
	Regular or Spicy Chicken Sandwich	340-342	37	Hot Dog+ on Bun	270	28	Pizza, Cheese or Pepperoni+~	320-365	36	Regular or Spicy Chicken Sandwich	340-342	37
	Round Pizza, Cheese or Pepperoni+~	310-355	31	Grilled Cheese	287	32	Turkey Chef Salad	306	11	Spicy Chicken Salad	381	36
	Chili~ Soup	182	27	Tomato Soup	155	23	Chili~ Soup	182	27	Roasted Butternut Squash	101	15
	Celery Sticks & Grape Tomatoes w/Ranch	11/55	2/3	Baby Carrots w/Ranch	35/55	8/3	Side Salad	19	4	Cucumber Slices w/ Ranch	19/55	4/3
	Roasted Corn	107	19	Roasted Green Beans	50	7	Garlic & Herb Broccoli	70	5	Baked Fries	110	17

**Menu Key:** Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>V</sup>Vegan

Other daily entrée 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.

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MONDAY 5/9/22			TUESDAY 5/10/22			WEDNESDAY 5/11/22			THURSDAY 5/12/22			FRIDAY 5/13/22		
<b>BREAKFAST</b>														
	<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>
Mini Pancakes w/Syrup	440	97	Yogurt Smoothie w/Grahams	260	56	Apple Cinnamon Oatmeal Round	280	38	Cereal	240	46	Belgian Waffle w/Syrup	480	96
Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16	Orange Juice	60	13	Apple Juice	60	16
<b>LUNCH</b>														
<b>FRUIT AND MILK ARE AVAILABLE AT EVERY MEAL:</b> FRUIT: Calories 20-127 Carbs 7-33 MILK: Calories 90-120 Carbs 13-20														
	<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>
Roasted Chicken Thigh or Legs w/Rolls	390	41	Cheese Enchiladas w/Sauce	341	29	Mini Cheese Calzones w/Marinara Sauce	315	46	Chicken Philly Sandwich	331	30	Nachos~ w/Salsa, Lettuce & Tomatoes	499	48
Buffalo Chik'N Nuggets <sup>✓</sup> w/Rolls	393	57	Veggie Power Bowl <sup>✓</sup>	581	89	Veggie Burger <sup>✓</sup> on Bun	280	37	Buffalo Chik'N Nuggets <sup>✓</sup> w/Rolls	393	57	Vegan Chili <sup>✓</sup> w/Tortilla Pieces	541	76
Hamburger~ or Cheeseburger~	319-337	29-30	Regular or Spicy Chicken Sandwich	340-342	37	Hot Dog+ on Bun	270	28	Pizza,			Regular or Spicy Chicken Sandwich	340-342	37
Spicy Chicken Salad	381	36	Pizza, Cheese or Pepperoni+~	310-355	31	Grilled Cheese	287	32	Cheese or Pepperoni+~	320-365	36	Chef Salad w/Roll	306	11
Roasted Butternut Squash	101	15	Celery Sticks & Grape Tomatoes w/Ranch	11/55	2/3	Baby Carrots w/Hummus	35/105	8/18	Spicy Chicken Salad	381	36	Roasted Butternut Squash	101	15
Baby Carrots w/Ranch	35/55	8/3	Roasted Corn	107	19	Roasted Green Beans	50	7	Celery Sticks & Grape Tomatoes w/Hummus	11/110	2/18	Cucumber Slices w/Hummus	8/110	2/18
Baked Fries	110	17							Garlic & Herb Broccoli	70	5	Baked Fries	110	17

**Menu Key:** Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>✓</sup>Vegan

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MONDAY 5/16/22			TUESDAY 5/17/22			WEDNESDAY 5/18/22			THURSDAY 5/19/22			FRIDAY 5/20/22		
<b>BREAKFAST</b>														
	<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>
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Rotini w/Meat Sauce w/Roll	429	43	BBQ Pulled Chicken on Bun	274	35	Chicken & Vegetable Dumplings	281	41	Sloppy Joes on Bun	285	46	Meatball~ Sub	337	38
Buffalo Chik'N Nuggets <sup>✓</sup> w/Rolls	393	57	Veggie Power Bowl <sup>✓</sup>	581	89	Teriyaki Edamame <sup>✓</sup> w/WG Rice	429	70	Buffalo Chik'N Nuggets <sup>✓</sup> w/Rolls	393	57	Vegan Chili <sup>✓</sup> w/Tortilla Pieces	541	76
Hamburger~ or Cheeseburger~	319/337	29/30	Regular or Spicy Chicken Sandwich	340-342	37	Hot Dog+ on Bun	270	28	Pizza, Cheese or Pepperoni+~	320-365	36	Regular or Spicy Chicken Sandwich	340-342	37
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Baby Carrots w/Hummus	35/105	8/18	Roasted Corn	107	19	Roasted Green Beans	50	7	Garlic & Herb Broccoli	70	5	Cucumber Slices w/Hummus	8/110	2/18
Baked Fries	110	17										Baked Fries	110	17

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MONDAY 5/23/22			TUESDAY 5/24/22			WEDNESDAY 5/25/22			THURSDAY 5/26/22			FRIDAY 5/27/22		
<b>BREAKFAST</b>														
	<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>
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MONDAY 5/30/22		TUESDAY 5/31/22		WEDNESDAY 6/1/22		THURSDAY 6/2/22		FRIDAY 6/3/22					
<b>BREAKFAST</b>													
<b>NO SCHOOL</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>		<b>CAL</b>	<b>CARB</b>				
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