

OCTOBER 2021 SECONDARY CARBS

MONDAY 10/04/21		TUESDAY 10/05/21		WEDNESDAY 10/06/21		THURSDAY 10/07/21		FRIDAY 10/08/21	
CARB		CARB		BREAKFAST		CARB		CARB	
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	16	Yogurt + Oatmeal Bar^{^WGIW}	15/23	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	27	Beef + Cheese Mini Bagel^{IWWG~}	27	Cinnamon Roll^{^WGIW}	38
Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Apple Juice	16
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
LUNCH									
Mandarin Orange Chicken⁺ w/ Veggie Rice^{WG}	46	Mac & Cheese w/ Chicken Bites^{+WG} + Roll^{WG}	31/15	Bacon Cheeseburger^{~*} on Bun^{WG}	30	Ranch Chicken⁺ Power Bowl	78	Nachos[~] w/ Tortilla Pieces^{WG} + Salsa	49
OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Veggie Burger^v on Bun^{WG}	37	Veggie Power Bowl^v	89	Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Veggie Burger^v on Bun^{WG}	37
Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31	Cheese Crunchers^{^WG} w/ Marinara Sauce	48	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37	Hot Dog⁺ on Bun^{WG}	28	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37
Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45
Baby Carrots	8	Baked Fries	17	Caesar Salad	4	Baked Fries	17	Roasted Corn	10
Seasoned Potatoes	25	Side Salad	4	Crinkle Cut Potatoes	15	Roasted Chickpeas	24	Shredded Lettuce + Diced Tomatoes	3
Side Salad	4	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	29	Side Salad	4	Seasoned Potatoes	25
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33

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.

OCTOBER 2021 SECONDARY CARBS

MONDAY 10/11/21		TUESDAY 10/12/21		WEDNESDAY 10/13/21		THURSDAY 10/14/21		FRIDAY 10/15/21	
CARB		CARB		BREAKFAST		CARB		CARB	
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	16	Yogurt + Oatmeal Bar^{^WGIW}	15/23	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	27	Beef + Cheese Mini Bagel^{IWWG~}	27	Cinnamon Roll^{^WGIW}	38
Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Apple Juice	16
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
LUNCH									
Spicy Chicken Bites^{+WG} w/ Cheesy Spinach Dip, Salsa + Roll^{WG}	39	Chicken Drumstick⁺ w/ Mashed Potatoes + Roll^{WG}	36/15	Philly Cheesesteak^{~WG} w/ Onions + Peppers + Onion Rings^{WG}	39	Southwest Chicken⁺ Power Bowl	88	Nachos[~] w/ Tortilla Pieces^{WG} + Salsa	49
OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Veggie Burger^v on Bun^{WG}	37	Veggie Power Bowl^v	89	Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Veggie Burger^v on Bun^{WG}	37
Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31	Cheese Crunchers^{^WG} w/ Marinara Sauce	48	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37	Hot Dog⁺ on Bun^{WG}	28	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37
Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45
Baby Carrots	8	Baked Fries	17	Caesar Salad	4	Baked Fries	17	Roasted Corn	10
Seasoned Potatoes	25	Side Salad	4	Crinkle Cut Potatoes	15	Roasted Chickpeas	24	Shredded Lettuce + Diced Tomatoes	3
Side Salad	4	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	29	Side Salad	4	Seasoned Potatoes	25
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33

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.

OCTOBER 2021 SECONDARY CARBS

MONDAY 10/18/21		TUESDAY 10/19/21		WEDNESDAY 10/20/21		THURSDAY 10/21/21		FRIDAY 10/22/21	
CARB		CARB		BREAKFAST		CARB		CARB	
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	16	Yogurt + Oatmeal Bar^{WGIW}	15/23	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	27	Beef + Cheese Mini Bagel^{IWWG~}	27	Cinnamon Roll^{WGIW}	38
Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Apple Juice	16
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
LUNCH									
Mandarin Orange Chicken⁺ w/ Veggie Rice^{WG}	46	Mac & Cheese w/ Chicken Bites^{+WG} + Roll^{WG}	31/15	Bacon Cheeseburger^{~*} on Bun^{WG}	30	Ranch Chicken⁺ Power Bowl	78	Nachos[~] w/ Tortilla Pieces^{WG} + Salsa	49
OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Veggie Burger^v on Bun^{WG}	37	Veggie Power Bowl^v	89	Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Veggie Burger^v on Bun^{WG}	37
Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31	Cheese Crunchers^{^WG} w/ Marinara Sauce	48	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37	Hot Dog⁺ on Bun^{WG}	28	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37
Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45
Baby Carrots	8	Baked Fries	17	Caesar Salad	4	Baked Fries	17	Roasted Corn	10
Seasoned Potatoes	25	Side Salad	4	Crinkle Cut Potatoes	15	Roasted Chickpeas	24	Shredded Lettuce + Diced Tomatoes	3
Side Salad	4	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	29	Side Salad	4	Seasoned Potatoes	25
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33

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.

OCTOBER 2021 SECONDARY CARBS

MONDAY 10/25/21		TUESDAY 10/26/21		WEDNESDAY 10/27/21		THURSDAY 10/28/21		FRIDAY 10/29/21	
CARB		CARB		BREAKFAST		CARB		CARB	
Maple Beef Sausage~ Pancake Sandwich^{WGIW}	16	Yogurt + Oatmeal Bar^{WGIW}	15/23	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW}	27	Beef + Cheese Mini Bagel^{IWWG~}	27	Cinnamon Roll^{WGIW}	38
Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Apple Juice	16
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33
Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
LUNCH									
Spicy Chicken Bites^{+WG} w/ Cheesy Spinach Dip, Salsa + Roll^{WG}	39	Chicken Drumstick⁺ w/ Mashed Potatoes + Roll^{WG}	36/15	Philly Cheesesteak^{-WG} w/ Onions + Peppers + Onion Rings^{WG}	39	Southwest Chicken⁺ Power Bowl	88	Nachos[~] w/ Tortilla Pieces^{WG} + Salsa	49
OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Veggie Burger^v on Bun^{WG}	37	Veggie Power Bowl^v	89	Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Veggie Burger^v on Bun^{WG}	37
Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31	Cheese Crunchers^{^WG} w/ Marinara Sauce	48	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37	Hot Dog⁺ on Bun^{WG}	28	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37
Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45
Baby Carrots	8	Baked Fries	17	Caesar Salad	4	Baked Fries	17	Roasted Corn	10
Seasoned Potatoes	25	Side Salad	4	Crinkle Cut Potatoes	15	Roasted Chickpeas	24	Shredded Lettuce + Diced Tomatoes	3
Side Salad	4	Celery + Grape Tomatoes w/ Ranch	9/55	Ranchero Beans	29	Side Salad	4	Seasoned Potatoes	25
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33

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.