

AUGUST/SEPTEMBER 2021 SECONDARY CARBS

MONDAY 8/30/21		TUESDAY 8/31/21		WEDNESDAY 9/1/21		THURSDAY 9/2/21		FRIDAY 9/3/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CAL		CAL		CAL		BREAKFAST		CAL					
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		Pancakes^{^WG} 35		Mini Cinni Bagel^{^WGIW} 41	
Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Fruit	7-33	Fruit	7-33	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	Milk	13-20	Milk	13-20
LUNCH													
Mandarin Orange Chicken+ w/ Veggie Rice^{WG} 46		Mac & Cheese w/ Chicken Bites^{+WG} w/ Roll^{WG} 31/15		Bacon Cheeseburger^{+~} on Pretzel Roll^{WG} 31		Ranch Chicken+ Power Bowl 78		Nachos~ w/ Cheese Sauce + Salsa 49		Meatball~ Sub^{WG} 38		BBQ Beef Rib~ Sandwich^{WGIW} 33	
OR		OR		OR		OR		OR		OR		OR	
Chik'n Nuggets^v w/ Rolls^{WG} 25/30		Cold Sub/Sandwich^{WG} 31-45		Cheese Crunchers^{^WG} w/ Marinara Sauce 48		Chik'n Nuggets^v w/ Rolls^{WG} 25/15		Cold Sub/Sandwich^{WG} 31-45		Vegetable Juice 10		Baby Carrots 8	
Cold Sub/Sandwich^{WG} 31-45		Hamburger~ or Cheeseburger~ on Bun^{WG} 29-30		Cold Sub/Sandwich^{WG} 31-45		Cold Sub/Sandwich^{WG} 31-45		Hamburger~ or Cheeseburger~ on Bun^{WG} 29-30		Marinara Cup 7		Veggie Juice 10	
Spicy/Chicken Patty^{+WG} on Bun^{WG} 37		Round Pizza^{WG} Cheese[^] or Pepperoni⁺ 31		Hot Dog⁺ on Bun^{WG} 28		Cold Sub/Sandwich^{WG} 31-45		Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺ 36		Side Salad 4		Fruit 7-33	
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺ 36		Veggie Burger^v on Bun^{WG} 37		Veggie Power Bowl^v 89		Round Pizza^{WG} Cheese[^] or Pepperoni⁺ 31		Veggie Burger^v on Bun^{WG} 37		Fruit 7-33			
Baby Carrots		Baked Fries		Caesar Salad		Spicy/Chicken Patty^{+WG} on Bun^{WG} 37		Roasted Corn					
Seasoned Potatoes		Side Salad		Crinkle Cut Potatoes		on Bun^{WG} 37		Shredded Lettuce + Diced Tomatoes					
Side Salad		Celery + Grape Tomatoes		Ranchero Beans		Baked Fries		Seasoned Potatoes					
Fruit		w/ Ranch		Fruit		Roasted Chickpeas		Fruit					
		Fruit		Fruit		Side Salad							
		Fruit		Fruit		Fruit							

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.

Menu Key: ~ Beef Cal Calories ^{IW} Individually Wrapped [^] Meatless ^P Peanuts ^{*} Pork ⁺ Poultry ^v Vegan ^{WG} = Whole Grain

Menu subject to change due to product supply. This institution is an equal opportunity provider.

SEPTEMBER 2021 SECONDARY CARBS

MONDAY 9/6/21	TUESDAY 9/7/21	WEDNESDAY 9/8/21	THURSDAY 9/9/21	FRIDAY 9/10/21	NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY		
CAL		CAL		CAL		CAL	
BREAKFAST							
HOLIDAY	NO SCHOOL	Turkey Ham⁺ + Cheese on Hawaiian Bun^{WGIW} 27 Apple Juice 16 Fruit 7-33 Milk 13-20	Beef + Cheese Mini Bagel^{IWWG-} 27 Orange Juice 13 Fruit 7-33 Milk 13-20	Cinnamon Roll^{WGIW} 38 Apple Juice 16 Fruit 7-33 Milk 13-20	Pancakes^{WGIW} 35 Orange Juice 13 Fruit 7-33 Milk 13-20	Mini Cinni Bagel^{WGIW} 41 Orange Juice 13 Fruit 7-33 Milk 13-20	
LUNCH							
HOLIDAY	NO SCHOOL	Philly Cheesesteak^{WG} w/ Onions + Peppers + Onion Rings^{WG} 39 OR Cheese Crunchers^{WGIW} w/ Marinara Sauce 48 Cold Sub/Sandwich^{WG} 31-45 Hot Dog⁺ on Bun^{WG} 28 Veggie Power Bowl⁺ 89 Caesar Salad 4 Crinkle Cut Potatoes 15 Ranchero Beans 29 Fruit 7-33	Southwest Chicken⁺ Power Bowl 88 OR Chik'n Nuggets^v w/ Rolls^{WG} 25/30 Cold Sub/Sandwich^{WG} 31-45 Round Pizza^{WG} Cheese[^] or Pepperoni⁺ 31 Spicy/Chicken Patty⁺ w/ on Bun^{WG} 37 Baked Fries 17 Roasted Chickpeas 24 Side Salad 4 Fruit 7-33	Thai Sweet Chili Chicken⁺ w/ Veggie Rice^{WG} 45 OR Cold Sub/Sandwich^{WG} 31-45 Hamburger⁻ or Cheeseburger⁻ on Bun^{WG} 29-30 Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺ 36 Veggie Burger^v on Bun^{WG} 37 Roasted Corn 10 Shredded Lettuce + Diced Tomatoes 3 Seasoned Potatoes 25 Fruit 7-33	Cheese Cavatappi^{WGIW} 36 Marinara Cup 7 Side Salad 4 Fruit 7-33	Mini Beef Tacos^{WG} 36 Roasted Corn 10 Shredded Lettuce + Diced Tomatoes 3 Fruit 7-33	

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SEPTEMBER 2021 SECONDARY CARBS

MONDAY 9/13/21		TUESDAY 9/14/21		WEDNESDAY 9/15/21		THURSDAY 9/16/21		FRIDAY 9/17/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CAL		CAL		CAL		CAL		CAL		CAL			
BREAKFAST						BREAKFAST							
Maple Beef Sausage~ Pancake Sandwich^WGIW 16		Yogurt + Oatmeal Bar^WGIW 15/23		Turkey Ham+ + Cheese on Hawaiian Bun^WGIW 27		NO SCHOOL		Cinnamon Roll^WGIW 38		Pancakes^WG 35		Mini Cinni Bagel^WGIW 41	
Apple Juice 16		Orange Juice 13		Apple Juice 16				Apple Juice 16		Orange Juice 13		Orange Juice 13	
Fruit 7-33		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		Milk 13-20	
LUNCH						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		NO SCHOOL		Thai Sweet Chili Chicken+ w/ Veggie Rice^WG 45		Cheese Cavatappi^WG 36		Mini Beef Tacos-WG 36	
OR		OR		OR				OR		Marinara Cup 7		Roasted Corn 10	
Chik'n Nuggets^ w/ Rolls^WG 25/30		Cold Sub/Sandwich^WG 31-45		Cheese Crunchers^WG w/ Marinara Sauce 48				Cold Sub/Sandwich^WG 31-45		Side Salad 4		Shredded Lettuce + Diced Tomatoes 3	
Cold Sub/Sandwich^WG 31-45		Hamburger~ or Cheeseburger~ on Bun^WG 29-30		Cold Sub/Sandwich^WG 31-45				Hamburger~ or Cheeseburger~ on Bun^WG 29-30		Fruit 7-33		Fruit 7-33	
Spicy/Chicken Patty+WG on Bun^WG 37		Round Pizza^WG Cheese^ or Pepperoni+ 31		Hot Dog+ on Bun^WG 28				Stuffed Crust Pizza^WG Cheese^ or Pepperoni+ 36					
Stuffed Crust Pizza^WG Cheese^ or Pepperoni+ 36		Veggie Burger^v on Bun^WG 37		Veggie Power Bowl^v 89				Veggie Burger^v on Bun^WG 37					
Baby Carrots 8		Baked Fries 17		Caesar Salad 4				Roasted Corn 10					
Seasoned Potatoes 25		Side Salad 4		Crinkle Cut Potatoes 15				Shredded Lettuce + Diced Tomatoes 3					
Side Salad 4		Celery + Grape Tomatoes w/ Ranch 4/15		Ranchero Beans 29				Seasoned Potatoes 25					
Fruit 7-33		Fruit 7-33		Fruit 7-33				Fruit 7-33					

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Menu Key: ~ Beef Cal Calories ^ Individually Wrapped ^ Meatless ^ Peanuts * Pork * Poultry ^ Vegan ^ WG = Whole Grain

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SEPTEMBER 2021 SECONDARY CARBS

MONDAY 9/20/21		TUESDAY 9/21/21		WEDNESDAY 9/22/21		THURSDAY 9/23/21		FRIDAY 9/24/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CAL		CAL		CAL		BREAKFAST		CAL					
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	Pancakes^{^WG}	35	Mini Cinni Bagel^{^WGIW}	41
Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Fruit	7-33	Fruit	7-33	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	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	Thai Sweet Chili Chicken⁺ w/ Veggie Rice^{WG}	45	Cheese Cavatappi^{^WG}	36	Mini Beef Tacos^{-WG}	36
OR		OR		OR		OR		OR		Marinara Cup	7	Roasted Corn	10
Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Cold Sub/Sandwich^{WG}	31-45	Cheese Crunchers^{^WG} w/ Marinara Sauce	48	Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Cold Sub/Sandwich^{WG}	31-45	Side Salad	4	Shredded Lettuce + Diced Tomatoes	3
Cold Sub/Sandwich^{WG}	31-45	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Fruit	7-33	Fruit	7-33
Spicy/Chicken Patty^{+WG} on Bun^{WG}	37	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31	Hot Dog⁺ on Bun^{WG}	28	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Roasted Corn	10	Seasoned Potatoes	25
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Veggie Burger^v on Bun^{WG}	37	Veggie Power Bowl^v	89	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37	Veggie Burger^v on Bun^{WG}	37	Shredded Lettuce + Diced Tomatoes	3	Fruit	7-33
Baby Carrots	8	Baked Fries	17	Caesar Salad	4	Baked Fries	17	Roasted Corn	10	Shredded Lettuce + Diced Tomatoes	3	Seasoned Potatoes	25
Seasoned Potatoes	25	Side Salad	4	Crinkle Cut Potatoes	17	Roasted Chickpeas	24	Shredded Lettuce + Diced Tomatoes	3	Side Salad	4	Fruit	7-33
Side Salad	4	Celery + Grape Tomatoes w/ Ranch	4/15	Ranchero Beans	29	Side Salad	4	Seasoned Potatoes	25	Fruit	7-33	Fruit	7-33
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33				

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SEPTEMBER 2021 SECONDARY CARBS

MONDAY 9/27/21		TUESDAY 9/28/21		WEDNESDAY 9/29/21		THURSDAY 9/30/21		FRIDAY 10/1/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY					
CAL		CAL		CAL		BREAKFAST		CAL					
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	Pancakes^{^WG}	35	Mini Cinni Bagel^{^WGIW}	41
Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Apple Juice	16	Orange Juice	13	Orange Juice	13
Fruit	7-33	Fruit	7-33	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	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	Thai Sweet Chili Chicken⁺ w/ Veggie Rice^{WG}	45	Cheese Cavatappi^{^WG}	36	Mini Beef Tacos^{-WG}	36
OR		OR		OR		OR		OR		Marinara Cup	7	Roasted Corn	10
Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Cold Sub/Sandwich^{WG}	31-45	Cheese Crunchers^{^WG} w/ Marinara Sauce	48	Chik'n Nuggets^v w/ Rolls^{WG}	25/30	Cold Sub/Sandwich^{WG}	31-45	Side Salad	4	Shredded Lettuce + Diced Tomatoes	3
Cold Sub/Sandwich^{WG}	31-45	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Cold Sub/Sandwich^{WG}	31-45	Cold Sub/Sandwich^{WG}	31-45	Hamburger[~] or Cheeseburger[~] on Bun^{WG}	29-30	Fruit	7-33	Fruit	7-33
Spicy/Chicken Patty^{+WG} on Bun^{WG}	37	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31	Hot Dog⁺ on Bun^{WG}	28	Round Pizza^{WG} Cheese[^] or Pepperoni⁺	31	Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Roasted Corn	10		
Stuffed Crust Pizza^{WG} Cheese[^] or Pepperoni⁺	36	Veggie Burger^v on Bun^{WG}	37	Veggie Power Bowl^v	89	Spicy/Chicken Patty^{+WG} on Bun^{WG}	37	Veggie Burger^v on Bun^{WG}	37	Shredded Lettuce + Diced Tomatoes	3		
Baby Carrots	8	Baked Fries	17	Caesar Salad	4	on Bun ^{WG}	37	Roasted Corn	10	Seasoned Potatoes	25		
Seasoned Potatoes	25	Side Salad	4	Crinkle Cut Potatoes	17	Baked Fries	17	Shredded Lettuce + Diced Tomatoes	3	Side Salad	4		
Side Salad	4	Celery + Grape Tomatoes w/ Ranch	4/15	Ranchero Beans	29	Roasted Chickpeas	24	Seasoned Potatoes	25	Fruit	7-33		
Fruit	7-33	Fruit	7-33	Fruit	7-33	Side Salad	4	Fruit	7-33				

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