

NOVEMBER 2021 SECONDARY CARBS

MONDAY 11/01/21		TUESDAY 11/02/21		WEDNESDAY 11/03/21		THURSDAY 11/04/21		FRIDAY 11/05/21	
CARB		CARB		BREAKFAST				CARB	
Maple Beef Sausage [~] Pancake Sandwich ^{WGIW}	16	Yogurt + Oatmeal Bar ^{^WG}	15/23	Turkey Ham ⁺ + Cheese on Hawaiian Bun ^{WGIW}	27	NO SCHOOL		Cinnamon Roll ^{^WGIW}	38
Apple Juice	16	Orange Juice	13	Apple Juice	16			Apple Juice	16
Fruit	7-33	Fruit	7-33	Fruit	7-33			Fruit	7-33
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 + Rolls ^{WG}	65	Mini Beef Soft Tacos [~] w/ Lettuce + Tomatoes + Salsa	48	NO SCHOOL		Nachos [~] w/ Tortilla Pieces ^{WG} + Salsa	498
OR		OR		OR				OR	
Chik'n Nuggets ^v w/ Rolls ^{WG}	55	Veggie Burger ^v on Bun ^{WG}	37	Veggie Power Bowl ^v	89			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			Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36
Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36	Spicy/Chicken Patty ^{+WG} on Bun ^{WG}	37	Hot Dog ⁺ on Bun ^{WG}	28			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
Chili Soup	27	Tomato Soup	23	Chicken + Ancient Grains Soup ⁺	22			Chili Soup	27
Baby Carrots w/ Ranch	8/3	Baked Fries	17	Caesar Salad	4			Roasted Corn	52
Seasoned Potatoes	25	Side Salad	4/3	Crinkle Cut Potatoes	15			Shredded Lettuce + Diced	
Side Salad	4/3	Celery + Grape Tomatoes w/ Ranch	2/3	Ranchero Beans	29			Tomatoes	3
Fruit	7-33	Fruit	7-33	Fruit	7-33			Seasoned Potatoes	25
								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.

Menu Key: [~] Beef Carb Carbohydrates ^W 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.

NOVEMBER 2021 SECONDARY CARBS

MONDAY 11/08/21		TUESDAY 11/09/21		WEDNESDAY 11/10/21		THURSDAY 11/11/21		FRIDAY 11/12/21	
CARB		CARB		BREAKFAST		CARB		CARB	
Maple Beef Sausage [~] Pancake Sandwich ^{WGIV}	16	Yogurt + Oatmeal Bar ^{^WG}	15/23	Turkey Ham ⁺ + Cheese on Hawaiian Bun ^{WGIV}	27	Beef + Cheese Mini Bagel ^{WG-}	27	Cinnamon Roll ^{^WGIV}	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									
Bacon Cheeseburger ^{~^WG}	30	Mac & Cheese w/ Chicken Bites ^{^WG} + Rolls ^{WG}	30/30	Chicken + Vegetable Dumpling ⁺ Stir Fry w/ Veggie Rice ^{WG}	80	Ranch Chicken ⁺ Power Bowl	78	Nachos [~] w/ Tortilla Pieces ^{WG} + Salsa	48
OR		OR		OR		OR		OR	
Chik'n Nuggets ^v w/ Rolls ^{WG}	55	Veggie Burger ^v on Bun ^{WG}	37	Veggie Power Bowl ^v	89	Chik'n Nuggets ^v w/ Rolls ^{WG}	55	Veggie Burger ^v on Bun ^{WG}	37
Spicy/Chicken Patty ^{^WG} on Bun ^{WG}	37	Round Pizza ^{WG} Cheese [^] or Pepperoni ⁺	31	Cheese Crunchers ^{^WG} w/ Marinara Sauce	48	Hamburger [~] or Cheeseburger [~] on Bun ^{WG}	29-30	Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36
Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36	Hamburger [~] /Cheeseburger ^{WG}	29-30	Hot Dog ⁺ on Bun ^{WG}	28	Round Pizza ^{WG} Cheese [^] or Pepperoni ⁺	31	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
Chili Soup	27	Tomato Soup	23	Chicken + Ancient Grains Soup ⁺	22	Butternut Squash Soup ^v	36	Cold Sub/Sandwich ^{WG}	31-45
Baby Carrots w/ Ranch	8/3	Baked Fries	17	Caesar Salad	4	Baked Fries	17	Chili Soup	27
Seasoned Potatoes	25	Side Salad	19	Crinkle Cut Potatoes	15	Roasted Chickpeas		Roasted Corn	52
Side Salad	4/3	Celery + Grape Tomatoes w/ Ranch	2/3	Ranchero Beans	29	Side Salad	4/3	Shredded Lettuce + Diced Tomatoes	3
Fruit	7-33	Fruit	7-33	Fruit	7-33	Fruit	7-33	Seasoned Potatoes	25
								Fruit	7-33

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NOVEMBER 2021 SECONDARY CARBS

MONDAY 11/15/21		TUESDAY 11/16/21		WEDNESDAY 11/17/21		THURSDAY 11/18/21		FRIDAY 11/19/21	
CARB		CARB		BREAKFAST		CARB		CARB	
Maple Beef Sausage [~] Pancake Sandwich ^{WGIW}	16	Yogurt + Oatmeal Bar ^{WG}	15/23	Turkey Ham ⁺ + Cheese on Hawaiian Bun ^{WGIW}	27	Beef + Cheese Mini Bagel ^{WG-}	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 + Rolls ^{WG}	65	THANKSGIVING SPECIAL		Cheese Enchiladas w/ Enchilada Sauce [^] + Salsa	33	Nachos [~] w/ Tortilla Pieces ^{WG} + Salsa	48
OR		OR		Roast Turkey ⁺ w/ Gravy + Cranberry Sauce + Green Beans + Stuffing + Mashed Potatoes	62	OR		OR	
Chik'n Nuggets ^v w/ Rolls ^{WG}	55	Veggie Burger ^v on Bun ^{WG}	37	Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36	Chik'n Nuggets ^v w/ Rolls ^{WG}	55	Veggie Burger ^v on Bun ^{WG} 317Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36
Hamburger [~] or Cheeseburger [~] on Bun ^{WG}	29-30	Round Pizza ^{WG} Cheese [^] or Pepperoni ⁺	31	Hot Dog ⁺ on Bun ^{WG}	28	Hamburger [~] or Cheeseburger [~] on Bun ^{WG}	29-30	Spicy/Chicken Patty ^{WG} on Bun ^{WG}	37
Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36	Spicy/Chicken Patty ^{WG} on Bun ^{WG}	37	Cold Sub/Sandwich ^{WG}	31-45	Round Pizza ^{WG} Cheese [^] or Pepperoni ⁺	31	Cold Sub/Sandwich ^{WG}	31-45
Cold Sub/Sandwich ^{WG}	31-45	Cold Sub/Sandwich ^{WG}	31-45	Tomato Soup	23	Cold Sub/Sandwich ^{WG}	31-45	Butternut Squash Soup ^v	36
Chili Soup	27	Tomato Soup	23	Side Salad	4/3	Butternut Squash Soup ^v	36	Baked Fries	17
Baby Carrots w/ Ranch	8/3	Baked Fries	17	Fruit	7-33	Baked Fries	17	Roasted Chickpeas	24
Seasoned Potatoes	25	Side Salad	4/3			Roasted Chickpeas	24	Side Salad	4/3
Side Salad	4/3	Celery +Grape Tomatoes w/Ranch	2/3			Side Salad	4/3	Fruit	7-33
Fruit	7-33	Fruit	7-33			Fruit	7-33	Shredded Lettuce + Diced Tomatoes	3
								Seasoned Potatoes	25
								Fruit	7-33

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NOVEMBER 2021 SECONDARY CARBS

MONDAY 11/22/21		TUESDAY 11/23/21		WEDNESDAY 11/24/21		THURSDAY 11/25/21		FRIDAY 11/26/21	
CARB		CARB		BREAKFAST					
Maple Beef Sausage [~] Pancake Sandwich ^{WG IW}	16	Yogurt + Oatmeal Bar ^{WG}	15/23	Turkey Ham ⁺ + Cheese on Hawaiian Bun ^{WG IW}	27	HOLIDAY		HOLIDAY	
Apple Juice	16	Orange Juice	13	Apple Juice	16				
Fruit	7-33	Fruit	7-33	Fruit	7-33				
Milk	13-20	Milk	13-20	Milk	13-20				
LUNCH									
Bacon Cheeseburger ^{~*} on Bun ^{WG}	30	Mac & Cheese w/ Chicken Bites ^{WG} + Rolls ^{WG}	30/30	Chicken + Vegetable Dumpling ⁺ Stir Fry w/ Veggie Rice ^{WG}	80	HOLIDAY		HOLIDAY	
OR		OR		OR					
Chik'n Nuggets ^v w/ Rolls ^{WG}	55	Veggie Burger ^v on Bun ^{WG}	37	Veggie Power Bowl ^v	89				
Spicy/Chicken Patty ^{WG} on Bun ^{WG}	37	Round Pizza ^{WG} Cheese [^] or Pepperoni ⁺	31	Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36				
Stuffed Crust Pizza ^{WG} Cheese [^] or Pepperoni ⁺	36	Hamburger [~] or Cheeseburger [~] on Bun ^{WG}	29-30	Hot Dog ⁺ on Bun ^{WG}	28				
Cold Sub/Sandwich ^{WG}	31-45	Cold Sub/Sandwich ^{WG}	31-45	Cold Sub/Sandwich ^{WG}	31-45				
Chili Soup	27			Chicken + Ancient Grains Soup ⁺	22				
Baby Carrots w/ Ranch	8/3	Tomato Soup	23	Caesar Salad	4				
Seasoned Potatoes	25	Baked Fries	17	Crinkle Cut Potatoes	15				
Side Salad	4/3	Side Salad	4/3	Ranchero Beans	29				
Fruit	7-33	Celery + Grape Tomatoes w/ Ranch ^{2/3}	2/3	Fruit	7-33				

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MONDAY 11/29/21		TUESDAY 11/30/21		WEDNESDAY		THURSDAY		FRIDAY	
CARB		CARB		BREAKFAST					
Maple Beef Sausage [~] Pancake Sandwich ^{WG IW}	16	Yogurt + Oatmeal Bar ^{WG}	15/23						
Apple Juice	16	Orange Juice	13						
Fruit	7-33	Fruit	7-33						
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}	65						
OR		OR							
Chik'n Nuggets ^v w/ Rolls ^{WG}	55	Veggie Burger ^v on Bun ^{WG}	37						
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						
Cold Sub/Sandwich ^{WG}	31-45	Cold Sub/Sandwich ^{WG}	31-45						
Chili Soup	27	Tomato Soup	23						
Baby Carrots w/ Ranch	8/3	Baked Fries	17						
Seasoned Potatoes	25	Side Salad	19						
Side Salad	4/3	Celery + Grape Tomatoes w/ Ranch ^{2/3}							
Fruit	7-33	Fruit	7-33						

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