

SECONDARY SCHOOL CAFE

2019

MAIN CHOICES

The daily menu may feature some selections from the items below.

MONDAY

FEATURED SPECIAL OF THE DAY:

	CAL	COMPONENTS
Chicken Curry+ w/ WG Rice	326	G,P
Thai Sweet Chili Chicken+ w/ WG Rice	377	G,P
Bacon Cheeseburger*~ on WG Pretzel Roll w/ WG Onion Rings	551	G,P,V
Cheese^ or Pepperoni+ WG Round Pizza	330-350	G,P
Spicy or Chicken WG Bites+ w/ WG Roll	307-320	G,P
Hamburger~ or Cheeseburger~ on WG Bun	270-288	G,P
Chicken WG Patty+ on WG Bun	400	G,P
Chicken WG Nuggets+ w/ WG Roll	329	G,P

TUESDAY

FEATURED SPECIAL OF THE DAY:

Mac & Cheese w/ WG Chicken Bites+ & WG Breadstick	339-378	G,P
Korean Beef~ Street Tacos w/ Broccoli Slaw (Bowl)	385	G,P,V
Mini Chicken Soft Tacos+	305	G,P,V
Meateaters~* WG Pizza	349-370	G,P
Cheese WG Crunchers^ w/ Marinara Sauce	433	G,P,V
Cheese WG Quesadilla^ w/ Salsa	243	G,P
Spicy Chicken WG Patty+ on WG Bun	341	G,P
Spicy Chicken WG Club+* on WG Pretzel Roll	409	G,P

WEDNESDAY

FEATURED SPECIAL OF THE DAY:

Mini Chicken Soft Tacos+	341	G,P,V
Teriyaki Meatballs~ w/ WG Veggie Rice	510	G,P,V
Cheese Enchiladas^ w/ Salsa	341	G,P
French Toast Sticks w/ Sausage*	412	G,P
Vegetarian Chik Nuggets^ w/ WG Dinner Roll	260	G,P
Spicy or Chicken WG Bites+ w/ WG Roll	307-320	G,P
Cheesy Burger~ on WG Bun	312	G,P
Chicken WG Patty+ on WG Bun	400	G,P
Hot Dog+ on WG Bun	310	G,P

THURSDAY

FEATURED SPECIAL OF THE DAY:

Philly Cheesesteak~ w/ Onions & Peppers & WG Onion Rings	440	G,P,V
Spicy Chicken WG Bites+ w/ Cheesy Spinach Dip, Salsa & WG Breadstick	484	G,P,V
Chicken WG Drumstick+ w/ Mashed Potatoes & Roll	332	G,P,V
Meatball Sub~	337	G,P,V
Meateaters~* WG Pizza	349-370	G,P
Cheese WG Crunchers^ w/ Marinara Sauce	433	G,P,V
Cheese WG Quesadilla^ w/ Salsa	243	G,P
Spicy Chicken WG Patty+ on WG Bun	341	G,P
Chicken WG Club+* on WG Pretzel Roll	468	G,P

FRIDAY

FEATURED SPECIAL OF THE DAY:

Nachos~ w/ Cheese Sauce & Salsa Chorizo+ Queso Fundido w/ WG Scoops & Salsa	422-453	G,P
Chicken & Bacon Ranch+* WG Flatbread	455	G,P
Cheese^ or Pepperoni+ WG Round Pizza	330-350	G,P
Spicy or Chicken WG Bites+ w/ WG Roll	307-320	G,P
Hamburger~ or Cheeseburger~ on WG Bun	270-288	G,P
Chicken WG Patty+ on WG Bun	400	G,P
Chicken WG Nuggets+ w/ WG Roll	329	G,P

SOUP

	CAL	COMPONENTS
Ancient Grain Chicken+ Vegetable	143	G,P,V
Broccoli Cheese	205	P,V
Chili^	193	P,V

MEATLESS

Grab n' Go Hummus & Cheese^ w/ WG Rounds	380	G,P
Grab n' Go Hummus^ w/ WG Rounds	440	G,P
Grab n' Go Yogurt & WG Bagel^ w/ Cream Cheese	376	G,P
Grab n' Go Large Fruit & Yogurt WG Parfait^	438-489	G,P,F
Peanut Butter & Jelly WG Sandwich^P	550	G,P
Cheese WG Quesadilla^ w/ Salsa	243	G,P

COLD SANDWICHES

ALL SUBS AND CLASSIC SANDWICHES ARE ON WG BREAD

Cold Cut Sub+	292	G,P
Chicken Ham+ & Cheese	286	G,P
Ham* & Cheese Sub	315	G,P
Veggie Swiss Sub^	252	G,P,V
Egg Salad^	342	G,P
Ham*	242	G,P
Ham* & Cheese	244	G,P
Turkey+	241	G,P
Turkey+ Salad	375	G,P

MAIN SALADS

Chicken Caesar Salad+	324	G,P,V
Mediterranean Vegan Salad^	471	G,P,V
Spicy WG Chicken Salad+	210	G,P,V
Taco Salad~	429	G,P,V
Vegetarian (Egg/Cheese) Salad^	366	G,P,V

FRUIT + VEGETABLES all F or V

Baby Carrots	30	Hummus	202
Caesar Side Salad	92	Marinara Sauce	64
Dried Fruit	110-127	Shredded Lettuce & Diced Tomatoes	13
Fresh Fruit	30-90	Potatoes	74-140
Fruit Cup	50-80	Salsa	5-45
Fruit Juice	55-60	Roasted Chickpeas	160
Fruit Sorbet	77	Side Salad	19
Fresh Veggies	20-25		

GRAINS all G

WG Breadstick	100	WG Rice	103
WG Pita Chips	160	WG Rounds	200
WG Pretzel Roll	160	WG Scoops	110

LUNCH MEAL PRICES

Paid	\$2.80	Reduced	\$.40
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The meal includes a main dish, assorted fruits, vegetables and milk.

Nutrient & Allergen Information is available at:

www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/#Allergen

School meals meet the nutrition standards established by the United States Department of Agriculture for the National School Lunch Program.

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

Key: ~ Beef ^ Meatless P Peanuts *Pork + Poultry ^ Vegan WG Whole Grain