

# HIGH SCHOOL MENU

# NOVEMBER 2022

MONDAY 10/31/22	TUESDAY 11/1/22	WEDNESDAY 11/2/22	THURSDAY 11/3/22	FRIDAY 11/4/22
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CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB
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## Chef inspired ENTRÉES

BBQ Pulled Chicken on Bun	274	34	Beef Nachos w/Salsa, Lettuce & Tomatoes	499	48	Spicy Chicken Power Bowl	475	51	Teriyaki Chicken & Broccoli Rice Bowl	421	60	Meatball~ Sub	337	38
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## Plant-based & plant-forward ENTRÉES

Veggie Burger <sup>v</sup> on Bun	280	36	Bean & Cheese Nachos w/Salsa, Lettuce & Tomatoes	545	64	Veggie Power Bowl <sup>v</sup>	615	95	Teriyaki Edamame & Broccoli Rice Bowl <sup>v</sup>	424	67	Veggie Burger <sup>v</sup> on Bun	280	36
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## FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad <sup>v</sup>	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad <sup>v</sup>	448	63
Roasted Green Beans	26	4	Southwest Pinto Beans	164	30	Roasted Corn	107	19	Garlic & Herb Broccoli	70	5	Baked Fries	110	17
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	Side Salad	15	2	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
Tomato Soup	155	23	Chili Soup	184	28	Chicken Vegetable & Ancient Grain Soup	149	22	Chili Soup	184	28	Tomato Soup	155	23

## FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Grilled Cheese Sandwich	280	30	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

## GRAB 'N GO

Fruit & Yogurt Parfait	438	94	Grab-N-Go Hummus & Scoops <sup>v</sup>	420	65	PB&J Sandwich	600	64	Cold Cut Sub	292	32	Fruit & Yogurt Parfait	438	94
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

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

**Paid Meal Prices: Breakfast \$1.30  
Lunch \$2.80**  
All meals are free for students who qualify for Free or Reduced priced meals.



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

# HIGH SCHOOL MENU

# NOVEMBER 2022

MONDAY 11/7/22	TUESDAY 11/8/22	WEDNESDAY 11/9/22	THURSDAY 11/10/22	FRIDAY 11/11/22
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CAL | CARB

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## Chef inspired ENTRÉES

Southwest Power Bowl	601	84	Sweet & Sour Chicken w/Brown Rice	385	50	BBQ Beef Sandwich	380	33
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## Plant-based & plant-forward ENTRÉES

Veggie Power Bowl <sup>v</sup>	615	95	Sweet & Sour Chik'N w/Brown Rice	539	89	Veggie Burger <sup>v</sup> on Bun	280	36
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## FROM THE FARMS

Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad <sup>v</sup>	448	63
Roasted Corn	107	19	Garlic & Herb Broccoli	70	5	Baked Fries	110	17
Side Salad	15	2	Fresh Grape Tomatoes	35	8	Coleslaw	55	7
Chicken Vegetable & Ancient Grain Soup	149	22	Chili Soup	184	28	Tomato Soup	155	23

## FAN Favorites

Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

## GRAB 'N GO

PB&J Sandwich	600	64	Cold Cut Sub	292	32	Fruit & Yogurt Parfait	438	94
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

**Paid Meal Prices: Breakfast \$1.30  
Lunch \$2.80**  
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**Menu Key:** Cal=Calories Carb=Carbohydrates ~Beef \*Pork +Poultry <sup>v</sup>Vegan

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Montgomery County Public Schools Division of Food and Nutrition Services



# HIGH SCHOOL MENU

# NOVEMBER 2022

MONDAY 11/14/22		TUESDAY 11/15/22		WEDNESDAY 11/16/22		THURSDAY 11/17/22		FRIDAY 11/18/22	
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## Chef inspired ENTRÉES

Beef Philly Cheesesteak	338	30	Chicken Tacos	335	32	Curry Chicken w/Brown Rice	552	76	Roasted Turkey w/Gravy & Stuffing	346	31	Mac & Cheese w/Chicken Bites & Dinner Roll	419	40
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## Plant-based & plant-forward ENTRÉES

Veggie Burger <sup>v</sup> on Bun	280	36	Spicy Chik'N Street Tacos	428	56	Curry Chickpeas <sup>v</sup> w/Brown Rice	506	98	Chik'N Nuggets w/Stuffing	450	50	Mac & Cheese w/Chik'N Nuggets & Dinner Roll	438	40
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## FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad <sup>v</sup>	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad <sup>v</sup>	448	63
Roasted Green Beans	26	4	Southwest Pinto Beans	164	30	Garlic & Herb Broccoli	70	5	Mashed Potatoes	72	15	Baked Fries	110	17
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	Fresh Grape Tomatoes	35	82	Side Salad	15	2	Fresh Cucumber Slices	19	4
Tomato Soup	155	23	Chili Soup	184	28	Chicken Vegetable & Ancient Grain Soup	149	22	Chili Soup	184	28	Tomato Soup	155	23

## FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Grilled Cheese Sandwich	280	30	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

## GRAB 'N GO

Fruit & Yogurt Parfait	438	94	Grab-N-Go Hummus & Scoops <sup>v</sup>	420	65	PB&J Sandwich	600	64	Cold Cut Sub	292	32	Fruit & Yogurt Parfait	438	94
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

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

**Paid Meal Prices: Breakfast \$1.30  
Lunch \$2.80**  
All meals are free for students who qualify for Free or Reduced priced meals.



# HIGH SCHOOL MENU

# NOVEMBER 2022

MONDAY 11/21/22	TUESDAY 11/22/22	WEDNESDAY 11/23/22	THURSDAY 11/24/22	FRIDAY 11/25/22
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CAL | CARB

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## Chef inspired ENTRÉES

BBQ Pulled Chicken on Bun	274	34	Beef Nachos w/Salsa, Lettuce & Tomatoes	499	48
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## Plant-based & plant-forward ENTRÉES

Veggie Burger <sup>v</sup> on Bun	280	36	Bean & Cheese Nachos w/ Salsa, Lettuce & Tomatoes	545	64
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## FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad <sup>v</sup>	381	65
Roasted Green Beans	26	4	Southwest Pinto Beans	164	30
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2
Tomato Soup	155	23	Chili Soup	184	28

## FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28
Grilled Cheese Sandwich	280	30	Spicy Chicken Tenders w/Roll	297	31

## GRAB 'N GO

Fruit & Yogurt Parfait	438	94	Grab-N-Go Hummus & Scoops <sup>v</sup>	420	65
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

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# HIGH SCHOOL MENU

# NOVEMBER/DECEMBER 2022

MONDAY 11/28/22		TUESDAY 11/29/22		WEDNESDAY 11/30/22		THURSDAY 12/1/22		FRIDAY 12/2/22	
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CAL   CARB		CAL   CARB		CAL   CARB		CAL   CARB		CAL   CARB	
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## Chef inspired ENTRÉES

Chicken Bite Bowl	338	48	Southwest Beef & Rice Bowl	384	56	Southwest Power Bowl <sup>v</sup>	615	84	Chicken & Vegetable Dumplings w/Teriyaki	281	41	BBQ Beef Sandwich	380	33
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## Plant-based & plant-forward ENTRÉES

Chik'N Bite Bowl	500	74	Spicy Chik'N Street Tacos	428	56	Veggie Power Bowl <sup>v</sup>	615	95	Teriyaki Edamame & Broccoli Rice Bowl <sup>v</sup>	424	67	Veggie Burger <sup>v</sup> on Bun	280	36
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## FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad <sup>v</sup>	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad <sup>v</sup>	448	63
Roasted Green Beans	26	4	Southwest Pinto Beans	164	30	Roasted Corn	107	19	Garlic & Herb Broccoli	70	5	Baked Fries	110	17
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	Side Salad	15	2	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
Tomato Soup	155	23	Chili Soup	184	28	Chicken Vegetable & Ancient Grain Soup	149	22	Chili Soup	184	28	Tomato Soup	155	23

## FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Grilled Cheese Sandwich	280	30	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

## GRAB 'N GO

Fruit & Yogurt Parfait	438	94	Grab-N-Go Hummus & Scoops <sup>v</sup>	420	65	PB&J Sandwich	600	64	Cold Cut Sub	292	32	Fruit & Yogurt Parfait	438	94
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

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

**Paid Meal Prices: Breakfast \$1.30  
Lunch \$2.80**  
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# BREAKFAST MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
CAL   CARB		CAL   CARB		CAL   CARB		CAL   CARB		CAL   CARB	

## Breakfast Bites

Belgian Waffle w/Syrups	480	96	Sausage Breakfast Sandwich	210	27	Egg & Cheese <i>Maryland Made</i> Croissant	275	30	Turkey Ham & Cheese Breakfast Sandwich	270	30	Egg & Cheese English Muffin	200	24
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## DAILY ALTERNATE CHOICES

Egg & Turkey Sausage Bagel	180	23	Blueberry Chex Cereal	240	46	Yogurt & Oatmeal Breakfast Bar	220	38	French Toast Sticks w/Syrups	512	97	Mini Cinnamon Bagel	240	41
Egg & Cheese <i>Maryland Made</i> Croissant	275	30	Honey Cheerios Cereal	210	44	Fruit & Yogurt Parfait w/Granola	260	58	<i>Maryland Made</i> Cinnamon Roll <sup>v</sup>	232	28	Mini Strawberry Bagel	230	42

## Maryland Meals for Achievement Breakfast

Egg & Turkey Sausage Bagel	180	23	Mini Maple Pancakes w/Syrups	450	97	Egg & Cheese English Muffin	200	24	Belgian Waffle w/Syrups	480	96	<i>Maryland Made</i> Cinnamon Roll <sup>v</sup>	240	41
Honey Cheerios Cereal	210	44	Yogurt & Oatmeal Breakfast Bar	220	38	Mini Strawberry or Cinnamon Bagel	230	41	Yogurt w/Grahams	232	38	Blueberry Chex Cereal	240	46

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–24

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