

MIDDLE 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 ^V	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 ^V	428	56	Veggie Power Bowl ^V	615	95	Teriyaki Edamame & Broccoli Rice Bowl ^V	315	44	Veggie Burger ^V on Bun	280	36
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FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad ^V	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^V	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 ^V	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 ^VVegan

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

MIDDLE SCHOOL MENU

DECEMBER 2022

MONDAY 12/5/22 **TUESDAY** 12/6/22 **WEDNESDAY** 12/7/22 **THURSDAY** 12/8/22 **FRIDAY** 12/9/22

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

Beef Philly Cheesesteak	338	30	Chicken Tacos	335	32	Southwest Power Bowl	601	84	Curry Chicken w/Brown Rice	378	33	Mac & Cheese w/Chicken Bites & Dinner Roll	419	40
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^V on Bun	280	36	Spicy Chik'N Street Tacos ^V	428	56	Veggie Power Bowl ^V	615	95	Curry Chickpeas ^V w/Brown Rice	332	56	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 ^V	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^V	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 ^V	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 ^VVegan

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MIDDLE SCHOOL MENU

DECEMBER 2022

MONDAY 12/12/22		TUESDAY 12/13/22		WEDNESDAY 12/14/22		THURSDAY 12/15/22		FRIDAY 12/16/22	
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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	321	38	Meatball Sub	337	38
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^V on Bun	280	36	Bean & Cheese Nachos w/ Salsa, Lettuce & Tomatoes	545	64	Veggie Power Bowl ^V	615	95	Teriyaki Edamame & Broccoli Rice Bowl ^V	315	44	Veggie Burger ^V on Bun	280	36
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FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad ^V	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^V	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	Vegetarian Broccoli Cheddar Soup	177	19	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 ^V	420	65	PB&J Sandwich ^V	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 ^VVegan

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Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU

DECEMBER 2022

MONDAY 12/19/22 **TUESDAY** 12/20/22 **WEDNESDAY** 12/21/22 **THURSDAY** 12/22/22 **FRIDAY** 12/23/22

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

Chicken Bite Bowl	338	48	Southwest Beef & Rice Bowl	384	56	Southwest Power Bowl	601	84	Sweet & Sour Chicken w/Rice	275	42
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v on Bun	280	36	Spicy Chik'N Street Tacos	428	56	Curry Chickpeas ^v w/Brown Rice	334	62	Sweet & Sour Chik'N w/ Rice	429	66
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FROM THE FARMS

Taco Entrée Salad	481	60	Chickpea Entrée Salad ^v	381	65	Turkey Chef Entrée Salad	476	43	Spicy Chicken Entrée Salad	521	55
Roasted Green Beans	26	4	Southwest Pinto Beans	164	30	Roasted Corn	107	19	Garlic & Herb Broccoli	70	5
Fresh Baby Carrots	35	8	Fresh Celery Sticks	11	2	Side Salad	15	2	Fresh Grape Tomatoes	35	8
Tomato Soup	155	23	Chili Soup~	184	28	Chicken Vegetable & Ancient Grain Soup	149	22	Chili Soup~	184	28

FAN Favorites

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

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	Grab-N-Go Hummus & Scoops ^v	420	65	PB&J Sandwich ^v	600	64
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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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Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU

JANUARY 2023

MONDAY 1/2/23 **TUESDAY** 1/3/23 **WEDNESDAY** 1/4/23 **THURSDAY** 1/5/23 **FRIDAY** 1/6/23

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

Southwest Beef & Rice Bowl	384	56	BBQ Beef Sandwich	380	33	Curry Chicken w/Brown Rice	378	33	Mac & Cheese w/Chicken Bites & Dinner Roll	419	40
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N Street Tacos ^v	428	56	Veggie Burger ^v on Bun	280	36	Curry Chickpeas ^v w/Brown Rice	332	56	Mac & Cheese w/Chik'N Nuggets & Dinner Roll	438	40
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FROM THE FARMS

Southwest Pinto Beans	164	30	Roasted Corn	107	19	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad ^v	448	63
Sweet-Heat Potatoes	131	31	Roasted Green Beans	26	4	Garlic & Herb Broccoli	70	5	Baked Fries	110	17
Vegetarian Broccoli Cheddar Soup	177	19	Chicken Vegetable & Ancient Grain Soup	149	22	Fresh Grape Tomatoes	35	8	Fresh Cucumber Slices	19	4
						Chili Soup~	184	28	Tomato Soup	155	23

FAN Favorites

Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
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

Grab-N-Go Hummus & Scoops ^v	420	65	PB&J Sandwich ^v	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

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Montgomery County Public Schools Division of Food and Nutrition Services

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 ^{IV}	240	46	Yogurt & Oatmeal Breakfast Bar	220	38	French Toast Sticks ^V 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 ^V	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 ^V	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 12-20

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