

SECONDARY SCHOOL CAFE

2019/2020

MAIN CHOICES

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

MONDAY

FEATURED SPECIAL OF THE DAY:

Chicken Curry+ w/ WG Rice 326 G,P
Thai Sweet Chili Chicken+ w/ WG Rice 326 G,P

Bacon Cheeseburger*~ on WG Pretzel Roll 551 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

TUESDAY

FEATURED SPECIAL OF THE DAY:

Mac & Cheese w/ WG Chicken Bites+ w/ WG Breadstick 437 G,P
BBQ Pulled Beef~ w/ Cornbread Bowl 489 G,P

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:

Soft Mini Chicken Tacos+ 305 G,P,V
Teriyaki Meatballs~ w/ Veggie WG Rice 510 G,P,V

Fiesta Verde Enchiladas^ w/ Salsa 495 G,P
 French Toast Sticks w/ Sausage & Syrup 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
 Hamburger~ or Cheeseburger~ on WG Bun 270-288 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 463 G,P,V

Chicken Drumstick+ w/ Mashed Potatoes & WG Rolls 402 G,P
 Meatball~ Sub 337 G,P
 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 422-453 G,P
Chorizo+ Queso w/ WG Rounds & Salsa 358 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
Butternut Squash Soup ^V	205	P, V
Chili~	397	P, V

MEATLESS

Grab n' Go Hummus & Cheese^ w/ WG Rounds	380	G, P
Grab n' Go Hummus ^V 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
Grilled Cheese WG Quesadilla^	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 ^V	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	\$.30
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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.

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



This institution is an equal opportunity provider.