

# AUGUST/SEPTEMBER 2021 SECONDARY MENU

| MONDAY<br>8/30/21   |   | TUESDAY<br>8/31/21   |  | WEDNESDAY<br>9/1/21  |  | THURSDAY<br>9/2/21  |   | FRIDAY<br>9/3/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY   |  |   |   |  |  |
|---|---|--|--|--|--|---|---|--|--|---|---|--|--|
| CAL   |   | CAL  |  | CAL  |  | BREAKFAST   |   | CAL  |  |   |   |  |  |
| <b>Maple Beef Sausage~<br/>Pancake Sandwich<sup>AWGIW</sup></b><br><b>143</b> | Apple Juice 60<br>Fruit 29-127<br>Milk 90-120   | <b>Yogurt + Oatmeal Bar<sup>AWGIW</sup></b><br><b>220</b>                                    | Orange Juice 60<br>Fruit 29-127<br>Milk 90-120   | <b>Turkey Ham* + Cheese on<br/>Hawaiian Bun<sup>WGIW</sup></b><br><b>186</b>                         | Apple Juice 60<br>Fruit 29-127<br>Milk 90-120  | <b>Beef + Cheese Mini<br/>Bagel<sup>IWWG~</sup></b><br><b>235</b> | Orange Juice 60<br>Fruit 29-127<br>Milk 90-120  | <b>Cinnamon Roll<sup>AWGIW</sup></b><br><b>232</b>           | Apple Juice 60<br>Fruit 29-127<br>Milk 90-120  | <b>Pancakes<sup>AWG</sup></b><br><b>210</b>     | Orange Juice 60<br>Fruit 29-127<br>Milk 90-120                      | <b>Mini Cinni Bagel<sup>AWGIW</sup></b><br><b>240</b>      | Orange Juice 60<br>Fruit 29-127<br>Milk 90-120     |
| LUNCH   |   |  |  |  |  |   |   |  |  |   |   |  |  |
| <b>Mandarin Orange Chicken+<br/>w/ Veggie Rice<sup>WG</sup></b><br><b>430</b> | OR<br><b>Chik'n Nuggets' w/ Rolls<sup>WG</sup></b><br><b>260</b><br><b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b><br><b>Spicy/Chicken Patty<sup>WG</sup><br/>on Bun<sup>WG</sup></b><br><b>400</b><br><b>Stuffed Crust Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>320-365</b> | <b>Mac &amp; Cheese w/ Chicken<br/>Bites<sup>WG</sup> w/ Roll<sup>WG</sup></b><br><b>437</b> | OR<br><b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b><br><b>Hamburger~ or Cheeseburger~<br/>on Bun<sup>WG</sup></b><br><b>270-288</b><br><b>Round Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>330-350</b><br><b>Veggie Burger^v on Bun<sup>WG</sup></b><br><b>330-350</b> | <b>Bacon Cheeseburger*~ on<br/>Pretzel Roll<sup>WG</sup></b><br><b>551</b>                           | OR<br><b>Cheese Crunchers<sup>AWG</sup><br/>w/ Marinara Sauce</b><br><b>433</b><br><b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b><br><b>Hot Dog* on Bun<sup>WG</sup></b><br><b>310</b><br><b>Veggie Power Bowl^</b><br><b>581</b> | <b>Ranch Chicken+ Power Bowl</b><br><b>681</b>                    | OR<br><b>Chik'n Nuggets' w/ Rolls<sup>WG</sup></b><br><b>260</b><br><b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b><br><b>Round Pizza<sup>WG</sup> Cheese^ or<br/>Pepperoni*</b><br><b>330-350</b><br><b>Spicy/Chicken Patty<sup>WG</sup><br/>on Bun<sup>WG</sup></b><br><b>400</b> | <b>Nachos~ w/ Cheese<br/>Sauce + Salsa</b><br><b>422-453</b> | OR<br><b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b><br><b>Hamburger~ or Cheeseburger~<br/>on Bun<sup>WG</sup></b><br><b>270-288</b><br><b>Stuffed Crust Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>320-365</b><br><b>Veggie Burger^v on Bun<sup>WG</sup></b><br><b>330-350</b> | <b>Meatball~ Sub<sup>WG</sup></b><br><b>337</b> | Veggie Juice 40<br>Marinara Cup 45<br>Side Salad 19<br>Fruit 29-127 | <b>BBQ Beef Rib~ Sandwich<sup>WGIW</sup></b><br><b>282</b> | Baby Carrots 35<br>Veggie Juice 40<br>Fruit 29-127 |
| Baby Carrots 35<br>Seasoned Potatoes 140<br>Side Salad 19<br>Fruit 29-127     | Baked Fries 110<br>Side Salad 19<br>Celery + Grape Tomatoes<br>w/ Ranch 9/55<br>Fruit 29-127  | Caesar Salad 8<br>Crinkle Cut Potatoes 110<br>Ranchero Beans 182<br>Fruit 29-127             | Baked Fries 110<br>Roasted Chickpeas 160<br>Side Salad 19<br>Fruit 29-127  | Roasted Corn 107<br>Shredded Lettuce +<br>Diced Tomatoes 13<br>Seasoned Potatoes 140<br>Fruit 29-127 |  |   |   |  |  |   |   |  |  |

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/](http://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 Cal Calories <sup>IW</sup> Individually Wrapped <sup>^</sup> Meatless <sup>P</sup> Peanuts \* Pork \* Poultry <sup>v</sup> Vegan <sup>WG</sup> = Whole Grain

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# SEPTEMBER 2021 SECONDARY MENU

| MONDAY<br>9/6/21 | TUESDAY<br>9/7/21 | WEDNESDAY<br>9/8/21   | THURSDAY<br>9/9/21   | FRIDAY<br>9/10/21   | NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY  |   |  |
|------------------|-------------------|---|--|---|--|---|--|
| CAL              |                   | CAL   |  | CAL   |  | CAL   |  |
| <b>BREAKFAST</b> |                   |   |  |   |  |   |  |
| HOLIDAY          | NO SCHOOL         | <b>Turkey Ham* + Cheese on Hawaiian Bun<sup>WGIW</sup> 186</b><br>Apple Juice 60<br>Fruit 29-127<br>Milk 90-120   | <b>Beef + Cheese Mini Bagel<sup>IWWG~</sup> 235</b><br>Orange Juice 60<br>Fruit 29-127<br>Milk 90-120  | <b>Cinnamon Roll<sup>WGIW</sup> 232</b><br>Apple Juice 60<br>Fruit 29-127<br>Milk 90-120  | <b>Pancakes<sup>WG</sup> 210</b><br>Orange Juice 60<br>Fruit 29-127<br>Milk 90-120           | <b>Mini Cinni Bagel<sup>WGIW</sup> 240</b><br>Orange Juice 60<br>Fruit 29-127<br>Milk 90-120                        |  |
| <b>LUNCH</b>     |                   |   |  |   |  |   |  |
| HOLIDAY          | NO SCHOOL         | <b>Philly Cheesesteak<sup>WG</sup> w/ Onions + Peppers + Onion Rings<sup>WG</sup> 440</b><br>OR<br><b>Cheese Crunchers<sup>WG</sup> w/ Marinara Sauce 433</b><br><b>Cold Sub/Sandwich<sup>WG</sup> 241-377</b><br><b>Hot Dog* on Bun<sup>WG</sup> 310</b><br><b>Veggie Power Bowl<sup>l</sup> 581</b><br>Caesar Salad 8<br>Crinkle Cut Potatoes 110<br>Ranchero Beans 182<br>Fruit 29-127 | <b>Southwest Chicken* Power Bowl 609</b><br>OR<br><b>Chik'n Nuggets<sup>v</sup> w/ Rolls<sup>WG</sup> 260</b><br><b>Cold Sub/Sandwich<sup>WG</sup> 241-377</b><br><b>Round Pizza<sup>WG</sup> Cheese^ or Pepperoni* 330-350</b><br><b>Spicy/Chicken Patty<sup>+</sup>WG on Bun<sup>WG</sup> 400</b><br>Baked Fries 110<br>Roasted Chickpeas 160<br>Side Salad 19<br>Fruit 29-127 | <b>Thai Sweet Chili Chicken* w/ Veggie Rice<sup>WG</sup> 326</b><br>OR<br><b>Cold Sub/Sandwich<sup>WG</sup> 241-377</b><br><b>Hamburger<sup>~</sup> or Cheeseburger<sup>~</sup> on Bun<sup>WG</sup> 270-288</b><br><b>Stuffed Crust Pizza<sup>WG</sup> Cheese^ or Pepperoni* 320-365</b><br><b>Veggie Burger<sup>v</sup> on Bun<sup>WG</sup> 330-350</b><br>Roasted Corn 107<br>Shredded Lettuce + Diced Tomatoes 13<br>Seasoned Potatoes 146<br>Fruit 29-127 | <b>Cheese Cavatappi<sup>WG</sup> 428</b><br>Marinara Cup 45<br>Side Salad 19<br>Fruit 29-127 | <b>Mini Beef Tacos<sup>WG</sup> 327</b><br>Roasted Corn 107<br>Shredded Lettuce + Diced Tomatoes 13<br>Fruit 29-127 |  |

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Menu Key: ~Beef Cal Calories <sup>IW</sup> Individually Wrapped <sup>^</sup> Meatless <sup>P</sup> Peanuts \* Pork <sup>+</sup> Poultry <sup>v</sup> Vegan <sup>WG</sup> = Whole Grain

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# SEPTEMBER 2021 SECONDARY MENU

| MONDAY<br>9/13/21   |        | TUESDAY<br>9/14/21   |        | WEDNESDAY<br>9/15/21   |        | THURSDAY<br>9/16/21 |  | FRIDAY<br>9/17/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY                                    |        |        |
|---|--------|--|--------|--|--------|---------------------|--|--|--------|--------|
| CAL   |        | CAL  |        | CAL  |        | BREAKFAST           |  | CAL  |        |        |
| <b>Maple Beef Sausage~<br/>Pancake Sandwich<sup>^WGIW</sup></b><br><b>143</b>                                   |        | <b>Yogurt + Oatmeal Bar<sup>^WGIW</sup></b><br><b>220</b>                              |        | <b>Turkey Ham* + Cheese on<br/>Hawaiian Bun<sup>WGIW</sup></b><br><b>186</b>                                 |        | NO SCHOOL           |  | <b>Cinnamon Roll<sup>^WGIW</sup></b><br><b>232</b>   |        |        |
| Apple Juice   | 60     | Orange Juice   | 60     | Apple Juice  | 60     |                     |  | Apple Juice  | 60     |        |
| Fruit   | 29-127 | Fruit  | 29-127 | Fruit  | 29-127 |                     |  | Fruit  | 29-127 |        |
| Milk  | 90-120 | Milk   | 90-120 | Milk   | 90-120 |                     |  | Milk   | 90-120 |        |
| <b>LUNCH</b>  |        |  |        |  |        |                     |  |  |        |        |
| <b>Spicy Chicken Bites<sup>+WG</sup> w/<br/>Cheesy Spinach Dip, Salsa<br/>+ Roll<sup>WG</sup></b><br><b>434</b> |        | <b>Chicken Drumstick* w/ Mashed<br/>Potatoes + Roll<sup>WG</sup></b><br><b>332</b>     |        | <b>Philly Cheesesteak<sup>-WG</sup> w/<br/>Onions + Peppers +<br/>Onion Rings<sup>WG</sup></b><br><b>440</b> |        | NO SCHOOL           |  | <b>Thai Sweet Chili Chicken*<br/>w/ Veggie Rice<sup>WG</sup></b><br><b>326</b>                 |        |        |
| <b>OR</b>   |        | <b>OR</b>  |        | <b>OR</b>  |        |                     |  | <b>OR</b>  |        |        |
| <b>Chik'n Nuggets' w/ Rolls<sup>WG</sup></b><br><b>260</b>  |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>                                |        | <b>Cheese Crunchers<sup>^WG</sup><br/>w/ Marinara Sauce</b><br><b>433</b>                                    |        |                     |  | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>  |        |        |
| <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>   |        | <b>Hamburger~ or Cheeseburger~<br/>on Bun<sup>WG</sup></b><br><b>270-288</b>           |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>  |        |                     |  | <b>Hamburger~ or Cheeseburger~<br/>on Bun<sup>WG</sup></b><br><b>270-288</b>                   |        |        |
| <b>Spicy/Chicken Patty<sup>+WG</sup><br/>on Bun<sup>WG</sup></b><br><b>400</b>                                  |        | <b>Round Pizza<sup>WG</sup> Cheese<sup>^</sup><br/>or Pepperoni*</b><br><b>330-350</b> |        | <b>Hot Dog* on Bun<sup>WG</sup></b><br><b>310</b>  |        |                     |  | <b>Stuffed Crust Pizza<sup>WG</sup> Cheese<sup>^</sup><br/>or Pepperoni*</b><br><b>320-365</b> |        |        |
| <b>Stuffed Crust Pizza<sup>WG</sup> Cheese<sup>^</sup><br/>or Pepperoni*</b><br><b>320-365</b>                  |        | <b>Veggie Burger<sup>v</sup> on Bun<sup>WG</sup></b><br><b>330-350</b>                 |        | <b>Veggie Power Bowl<sup>v</sup></b><br><b>581</b>   |        |                     |  | <b>Veggie Burger<sup>v</sup> on Bun<sup>WG</sup></b><br><b>330-350</b>                         |        |        |
| Baby Carrots  | 35     | Baked Fries  | 110    | Caesar Salad   | 8      |                     |  | Roasted Corn   | 107    |        |
| Seasoned Potatoes   | 140    | Side Salad   | 19     | Crinkle Cut Potatoes   | 110    |                     |  | Shredded Lettuce +<br>Diced Tomatoes   | 13     |        |
| Side Salad  | 19     | Celery + Grape Tomatoes<br>w/ Ranch  | 9/55   | Ranchero Beans   | 182    |                     |  | Seasoned Potatoes  | 140    |        |
| Fruit   | 29-127 | Fruit  | 29-127 | Fruit  | 29-127 |                     |  | Fruit  | 29-127 |        |
|   |        |  |        |  |        |                     |  | <b>Mini Beef Tacos<sup>-WG</sup></b><br><b>327</b>   |        |        |
|   |        |  |        |  |        |                     |  | Roasted Corn   |        | 107    |
|   |        |  |        |  |        |                     |  | Shredded Lettuce +<br>Diced Tomatoes   |        | 13     |
|   |        |  |        |  |        |                     |  | Fruit  |        | 29-127 |

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# SEPTEMBER 2021 SECONDARY MENU

| MONDAY<br>9/20/21  |        | TUESDAY<br>9/21/21   |        | WEDNESDAY<br>9/22/21  |        | THURSDAY<br>9/23/21  |        | FRIDAY<br>9/24/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY                         |        |   |        |   |        |
|--|--------|--|--------|---|--------|--|--------|---|--------|---|--------|---|--------|
| CAL  |        | CAL  |        | CAL   |        | CAL  |        | CAL   |        |   |        |   |        |
| <b>Maple Beef Sausage~<br/>Pancake Sandwich<sup>AWGIW</sup></b><br><b>143</b>                                  |        | <b>Yogurt + Oatmeal Bar<sup>AWGIW</sup></b><br><b>220</b>                          |        | <b>Turkey Ham* + Cheese on<br/>Hawaiian Bun<sup>WGIW</sup></b><br><b>186</b>                                |        | <b>Beef + Cheese Mini<br/>Bagel<sup>IWWG~</sup></b><br><b>235</b>              |        | <b>Cinnamon Roll<sup>AWGIW</sup></b><br><b>232</b>                                  |        | <b>Pancakes<sup>AWG</sup></b><br><b>210</b>         |        | <b>Mini Cinni Bagel<sup>AWGIW</sup></b><br><b>240</b> |        |
| Apple Juice  | 60     | Orange Juice   | 60     | Apple Juice   | 60     | Orange Juice   | 60     | Apple Juice   | 60     | Orange Juice  | 60     | Orange Juice  | 60     |
| Fruit  | 29-127 | Fruit  | 29-127 | Fruit   | 29-127 | Fruit  | 29-127 | Fruit   | 29-127 | Fruit   | 29-127 | Fruit   | 29-127 |
| Milk   | 90-120 | Milk   | 90-120 | Milk  | 90-120 | Milk   | 90-120 | Milk  | 90-120 | Milk  | 90-120 | Milk  | 90-120 |
| LUNCH  |        |  |        |   |        |  |        |   |        |   |        |   |        |
| <b>Spicy Chicken Bites<sup>WG</sup> w/<br/>Cheesy Spinach Dip, Salsa<br/>+ Roll<sup>WG</sup></b><br><b>434</b> |        | <b>Chicken Drumstick* w/ Mashed<br/>Potatoes + Roll<sup>WG</sup></b><br><b>332</b> |        | <b>Philly Cheesesteak<sup>WG</sup> w/<br/>Onions + Peppers +<br/>Onion Rings<sup>WG</sup></b><br><b>440</b> |        | <b>Southwest Chicken*<br/>Power Bowl</b><br><b>609</b>                         |        | <b>Thai Sweet Chili Chicken*<br/>w/ Veggie Rice<sup>WG</sup></b><br><b>326</b>      |        | <b>Cheese Cavatappi<sup>AWG</sup></b><br><b>428</b> |        | <b>Mini Beef Tacos<sup>WG</sup></b><br><b>327</b>     |        |
| <b>OR</b>  |        | <b>OR</b>  |        | <b>OR</b>   |        | <b>OR</b>  |        | <b>OR</b>   |        | Marinara Cup  |        | Roasted Corn  |        |
| <b>Chik'n Nuggets' w/ Rolls<sup>WG</sup></b><br><b>260</b>   |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>                            |        | <b>Cheese Crunchers<sup>AWG</sup><br/>w/ Marinara Sauce</b><br><b>433</b>                                   |        | <b>Chik'n Nuggets' w/ Rolls<sup>WG</sup></b><br><b>260</b>                     |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>                             |        | Side Salad  |        | Shredded Lettuce +<br>Diced Tomatoes                  |        |
| <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>  |        | <b>Hamburger~ or Cheeseburger~<br/>on Bun<sup>WG</sup></b><br><b>270-288</b>       |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>   |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>                        |        | <b>Hamburger~ or Cheeseburger~<br/>on Bun<sup>WG</sup></b><br><b>270-288</b>        |        | Fruit   |        | Fruit   |        |
| <b>Spicy/Chicken Patty<sup>AWG</sup><br/>on Bun<sup>WG</sup></b><br><b>400</b>                                 |        | <b>Round Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>330-350</b>        |        | <b>Hot Dog* on Bun<sup>WG</sup></b><br><b>310</b>   |        | <b>Round Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>330-350</b>    |        | <b>Stuffed Crust Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>320-365</b> |        | Seasoned Potatoes                                   |        | Seasoned Potatoes                                     |        |
| <b>Stuffed Crust Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>320-365</b>                            |        | <b>Veggie Burger<sup>V</sup> on Bun<sup>WG</sup></b><br><b>330-350</b>             |        | <b>Veggie Power Bowl<sup>V</sup></b><br><b>581</b>  |        | <b>Spicy/Chicken Patty<sup>AWG</sup><br/>on Bun<sup>WG</sup></b><br><b>400</b> |        | <b>Veggie Burger<sup>V</sup> on Bun<sup>WG</sup></b><br><b>330-350</b>              |        | Fruit   |        | Fruit   |        |
| Baby Carrots   | 35     | Baked Fries  | 110    | Caesar Salad  | 8      | Baked Fries  | 110    | Roasted Corn  | 107    | Baked Fries   | 110    | Roasted Corn  | 107    |
| Seasoned Potatoes  | 140    | Side Salad   | 19     | Crinkle Cut Potatoes  | 110    | Roasted Chickpeas  | 160    | Shredded Lettuce +<br>Diced Tomatoes  | 13     | Side Salad  | 19     | Shredded Lettuce +<br>Diced Tomatoes                  | 13     |
| Side Salad   | 19     | Celery + Grape Tomatoes<br>w/ Ranch  | 9/55   | Ranchero Beans  | 182    | Side Salad   | 19     | Seasoned Potatoes   | 140    | Fruit   | 29-127 | Seasoned Potatoes                                     | 140    |
| Fruit  | 29-127 | Fruit  | 29-127 | Fruit   | 29-127 | Fruit  | 29-127 | Fruit   | 29-127 | Fruit   | 29-127 | Fruit   | 29-127 |

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# SEPTEMBER 2021 SECONDARY MENU

| MONDAY<br>9/27/21  |        | TUESDAY<br>9/28/21   |        | WEDNESDAY<br>9/29/21  |        | THURSDAY<br>9/30/21  |        | FRIDAY<br>10/1/21 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY                         |        |   |        |   |        |
|--|--------|--|--------|---|--------|--|--------|---|--------|---|--------|---|--------|
| CAL  |        | CAL  |        | CAL   |        | CAL  |        | CAL   |        |   |        |   |        |
| <b>Maple Beef Sausage~<br/>Pancake Sandwich<sup>AWGIW</sup></b><br><b>143</b>                                  |        | <b>Yogurt + Oatmeal Bar<sup>AWGIW</sup></b><br><b>220</b>                          |        | <b>Turkey Ham* + Cheese on<br/>Hawaiian Bun<sup>WGIW</sup></b><br><b>186</b>                                |        | <b>Beef + Cheese Mini<br/>Bagel<sup>IWWG~</sup></b><br><b>235</b>              |        | <b>Cinnamon Roll<sup>AWGIW</sup></b><br><b>232</b>                                  |        | <b>Pancakes<sup>AWG</sup></b><br><b>210</b>         |        | <b>Mini Cinni Bagel<sup>AWGIW</sup></b><br><b>240</b> |        |
| Apple Juice  | 60     | Orange Juice   | 60     | Apple Juice   | 60     | Orange Juice   | 60     | Apple Juice   | 60     | Orange Juice  | 60     | Orange Juice  | 60     |
| Fruit  | 29-127 | Fruit  | 29-127 | Fruit   | 29-127 | Fruit  | 29-127 | Fruit   | 29-127 | Fruit   | 29-127 | Fruit   | 29-127 |
| Milk   | 90-120 | Milk   | 90-120 | Milk  | 90-120 | Milk   | 90-120 | Milk  | 90-120 | Milk  | 90-120 | Milk  | 90-120 |
| LUNCH  |        |  |        |   |        |  |        |   |        |   |        |   |        |
| <b>Spicy Chicken Bites<sup>WG</sup> w/<br/>Cheesy Spinach Dip, Salsa<br/>+ Roll<sup>WG</sup></b><br><b>434</b> |        | <b>Chicken Drumstick* w/ Mashed<br/>Potatoes + Roll<sup>WG</sup></b><br><b>332</b> |        | <b>Philly Cheesesteak<sup>WG</sup> w/<br/>Onions + Peppers +<br/>Onion Rings<sup>WG</sup></b><br><b>440</b> |        | <b>Southwest Chicken*<br/>Power Bowl</b><br><b>609</b>                         |        | <b>Thai Sweet Chili Chicken*<br/>w/ Veggie Rice<sup>WG</sup></b><br><b>326</b>      |        | <b>Cheese Cavatappi<sup>AWG</sup></b><br><b>428</b> |        | <b>Mini Beef Tacos<sup>WG</sup></b><br><b>327</b>     |        |
| <b>OR</b>  |        | <b>OR</b>  |        | <b>OR</b>   |        | <b>OR</b>  |        | <b>OR</b>   |        | Marinara Cup  |        | Roasted Corn  |        |
| <b>Chik'n Nuggets' w/ Rolls<sup>WG</sup></b><br><b>260</b>   |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>                            |        | <b>Cheese Crunchers<sup>AWG</sup><br/>w/ Marinara Sauce</b><br><b>433</b>                                   |        | <b>Chik'n Nuggets' w/ Rolls<sup>WG</sup></b><br><b>260</b>                     |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>                             |        | Side Salad  |        | Shredded Lettuce +<br>Diced Tomatoes                  |        |
| <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>  |        | <b>Hamburger~ or Cheeseburger~<br/>on Bun<sup>WG</sup></b><br><b>270-288</b>       |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>   |        | <b>Cold Sub/Sandwich<sup>WG</sup></b><br><b>241-377</b>                        |        | <b>Hamburger~ or Cheeseburger~<br/>on Bun<sup>WG</sup></b><br><b>270-288</b>        |        | Fruit   |        | Fruit   |        |
| <b>Spicy/Chicken Patty<sup>AWG</sup><br/>on Bun<sup>WG</sup></b><br><b>400</b>                                 |        | <b>Round Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>330-350</b>        |        | <b>Hot Dog* on Bun<sup>WG</sup></b><br><b>310</b>   |        | <b>Round Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>330-350</b>    |        | <b>Stuffed Crust Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>320-365</b> |        | Veggie Burger <sup>v</sup> on Bun <sup>WG</sup>     |        | Veggie Burger <sup>v</sup> on Bun <sup>WG</sup>       |        |
| <b>Stuffed Crust Pizza<sup>WG</sup> Cheese^<br/>or Pepperoni*</b><br><b>320-365</b>                            |        | <b>Veggie Burger<sup>v</sup> on Bun<sup>WG</sup></b><br><b>330-350</b>             |        | <b>Veggie Power Bowl<sup>v</sup></b><br><b>581</b>  |        | <b>Spicy/Chicken Patty<sup>AWG</sup><br/>on Bun<sup>WG</sup></b><br><b>400</b> |        | <b>Veggie Burger<sup>v</sup> on Bun<sup>WG</sup></b><br><b>330-350</b>              |        | Baked Fries   |        | Baked Fries   |        |
| Baby Carrots   | 35     | Baked Fries  | 110    | Caesar Salad  | 8      | Baked Fries  | 110    | Baked Fries   | 110    | Roasted Corn  | 107    | Roasted Corn  | 107    |
| Seasoned Potatoes  | 140    | Side Salad   | 19     | Crinkle Cut Potatoes  | 110    | Roasted Chickpeas  | 160    | Roasted Chickpeas   | 160    | Shredded Lettuce +<br>Diced Tomatoes                | 13     | Shredded Lettuce +<br>Diced Tomatoes                  | 13     |
| Side Salad   | 19     | Celery + Grape Tomatoes<br>w/ Ranch  | 9/55   | Ranchero Beans  | 182    | Side Salad   | 19     | Side Salad  | 19     | Seasoned Potatoes                                   | 140    | Seasoned Potatoes                                     | 140    |
| Fruit  | 29-127 | Fruit  | 29-127 | Fruit   | 29-127 | Fruit  | 29-127 | Fruit   | 29-127 | Fruit   | 29-127 | Fruit   | 29-127 |

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/](http://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 Cal Calories <sup>IW</sup> Individually Wrapped <sup>^</sup> Meatless <sup>P</sup> Peanuts \* Pork \* Poultry <sup>v</sup> Vegan <sup>WG</sup> = Whole Grain

**Menu subject to change due to product supply.** This institution is an equal opportunity provider.