

# SECONDARY CAFE A LA CARTE

2019-20

## A LA CARTE FAVORITES

CAL		
310-350	Pizza <sup>^*</sup> + (all)	\$2.80
288	Cheeseburger~ on Bun	\$1.80
270	Hamburger~ on Bun	\$1.55
400	Chicken Patty+/Spicy on Bun	\$2.80
259	Chicken Nuggets+	\$2.80
237-250	Chicken Bites+ (all)	\$2.80

## A LA CARTE BEVERAGES

CAL		
<b>100% Fruit Juice</b>		
▼	Naked <sup>®</sup> Juice 10 oz.	\$3.00
▼	Apple & Eve <sup>®</sup> 8 oz.	\$1.25
▼	Switch <sup>®</sup> /Bubly <sup>®</sup>	\$1.25
▼	Capri Sun <sup>®</sup> 6 oz.	75¢
▼	4 oz.	50¢
<b>Waters</b>		
0	Fiji Water <sup>®</sup> (HS only)	\$3.00
0	Bottled Water 16 oz.	\$1.00
<b>Milk</b>		
80-120	Fat-Free White 8 oz.	60¢
	Fat-Free Flavored 8 oz.	60¢
	1% White 8 oz.	60¢
145	Soy Milk 8 oz.	\$1.00
<b>Misc.</b>		
130	Fruit Smoothies	\$1.50
39	Iced Decaf Coffee (HS only)	\$1.50
▼	Iced Decaf Tea (HS only)	\$1.25
160-173	Yogurt Smoothies (small)	\$2.80
266-288	Yogurt Smoothies (large)	\$4.00

### SYMBOLS

~ Beef  
 ^ Meatless  
 P Peanuts  
 \* Pork  
 + Poultry

▼ Vegan  
 WG= Whole Grain  
 ▼ See nutrition label on individually wrapped product.

## A LA CARTE SNACKS

CAL		
▼	Cereal Bar	75¢
80	Cheese Sticks	30¢
▼	Cheez It/Chex Mix	50¢
▼	Chips/Popcorn	75¢
191-195	Cookie	50¢
▼	Cookie I/W	75¢
▼	Elf Grahams	50¢
110-129	Dried Fruit	50¢
60-90	Fresh Fruit	75¢
13-109	Fresh Vegetables	50¢
50-80	Fruit Cup	50¢
▼	Fruit Snacks	75¢
239-260	Fruit & Yogurt Parfait (small)	\$1.25
438-459	Fruit & Yogurt Parfait (large)	\$2.50
120	Hummus	75¢
▼	Ice Cream (premium)	\$1.00
▼	Ice Cream (regular)	75¢
90	Pear/Apple Sauce	50¢
74-140	Potatoes (all)	75¢
▼	Salsa/Marinara Cup	50¢
140	Soft Pretzel	50¢
60	Sorbet, 100% Fruit Juice	75¢
▼	Yogurt (4 oz.)	75¢
▼	Yogurt (8 oz.)	\$1.25

Nutrient & Allergen Information  
[www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/#Allergen](http://www.montgomeryschoolsmd.org/departments/food-and-nutrition/wellness-and-nutrition-information/#Allergen)

Menu subject to change.

Effective September 3, 2019



DIVISION FOOD & NUTRITION SERVICES  
 MONTGOMERY COUNTY PUBLIC SCHOOLS



8.19 · DFNS  
 This institution is an equal opportunity provider.