

# NOVEMBER 2017 STAFF A LA CARTE MENU

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| <br>DIVISION OF<br><b>FOOD &amp; NUTRITION SERVICES</b><br><small>MONTGOMERY COUNTY PUBLIC SCHOOLS</small>             |   | <b>1</b><br><b>Chicken Caesar Salad</b><br>340 cal \$4.00<br><b>Deviled Eggs &amp; Veggies</b><br>316 cal \$2.55<br><b>Small Tossed Salad w/ Dressing</b><br>59 cal \$2.75  | <b>2</b><br><b>Southwest Turkey Chef Salad</b><br>270 cal \$4.00<br><b>Grilled Cheese &amp; Tomato on Rye</b><br>294 cal \$2.55<br><b>Fresh Veggie Sticks w/ Ranch Dip</b><br>118 cal \$2.55  | <b>3</b><br><b>Asian Chicken Salad</b><br>370 cal \$4.00<br><b>Bacon &amp; Cheese Crustless Quiche</b><br>514 cal \$3.75<br><b>Small Spinach Salad w/ Dressing</b><br>119 cal \$2.75            |
| <b>6</b><br><b>BBQ Chicken Drumstick w/ Green Beans</b><br>359 cal \$3.25<br><b>Baked Potato w/ Broccoli &amp; Cheese</b><br>427 cal \$2.80<br><b>Fruit &amp; Cheese Smart Snack</b><br>317 cal \$2.80  | <b>7</b><br><b>BBQ Beef Meatballs w/ Corn</b><br>384 cal \$2.80<br><b>Chicken &amp; Veggie Lo Mein</b><br>466 cal \$3.25<br><b>Co-Jack &amp; Salsa Smart Snack</b><br>366 cal \$2.80  | <b>8</b><br><b>Taco Cheese Puff</b><br>419 cal \$2.55<br><b>Deviled Eggs &amp; Veggies</b><br>316 cal \$2.55<br><b>Small Tossed Salad w/ Dressing</b><br>59 cal \$2.75      | <b>9</b><br><b>Chicken Caesar Salad</b><br>340 cal \$4.00<br><b>Spinach &amp; Cheese Crustless Quiche</b><br>474 cal \$3.75<br><b>Fresh Veggie Sticks w/ Ranch Dip</b><br>118 cal \$2.55      | <b>10</b><br><b>Philly Steak &amp; Cheese Dippers</b><br>455 cal \$3.25<br><b>California Chef Salad w/ Turkey</b><br>385 cal \$4.00<br><b>Small Spinach Salad w/ Dressing</b><br>119 cal \$2.75 |
| <b>13</b><br><b>Pasta w/ Meat Sauce</b><br>383 cal \$2.80<br><b>Baked Potato w/ Chicken, Broccoli &amp; Cheese</b><br>507 cal \$3.25<br><b>Fruit &amp; Cheese Smart Snack</b><br>317 cal \$2.80         | <b>14</b><br><b>Macaroni &amp; Cheese</b><br>382 cal \$2.80<br><b>Chili w/ WG Chips</b><br>416 cal \$2.55<br><b>Co-Jack &amp; Salsa Smart Snack</b><br>366 cal \$2.80                 | <b>15</b><br><b>Taco Salad</b><br>426 cal \$4.00<br><b>Deviled Eggs &amp; Veggies</b><br>316 cal \$2.55<br><b>Small Tossed Salad w/ Dressing</b><br>59 cal \$2.75           | <b>16</b><br><b>Southwest Turkey Chef Salad</b><br>270 cal \$4.00<br><b>Grilled Cheese &amp; Tomato on Rye</b><br>294 cal \$2.55<br><b>Fresh Veggie Sticks w/ Ranch Dip</b><br>118 cal \$2.55 | <b>17</b><br><b>Asian Chicken Salad</b><br>370 cal \$4.00<br><b>Bacon &amp; Cheese Crustless Quiche</b><br>514 cal \$3.75<br><b>Small Spinach Salad w/ Dressing</b><br>119 cal \$2.75           |
| <b>20</b><br><b>BBQ Chicken Drumstick w/ Green Beans</b><br>359 cal \$3.25<br><b>Baked Potato w/ Broccoli &amp; Cheese</b><br>427 cal \$2.80<br><b>Fruit &amp; Cheese Smart Snack</b><br>317 cal \$2.80 | <b>21</b><br><b>BBQ Beef Meatballs w/ Corn</b><br>384 cal \$2.80<br><b>Chicken &amp; Veggie Lo Mein</b><br>466 cal \$3.25<br><b>Co-Jack &amp; Salsa Smart Snack</b><br>366 cal \$2.80 | <b>22</b><br><b>Taco Cheese Puff</b><br>419 cal \$2.55<br><b>Deviled Eggs &amp; Veggies</b><br>316 cal \$2.55<br><b>Small Spinach Salad w/ Dressing</b><br>59 cal \$2.75    | <b>SCHOOLS CLOSED</b>   |   |
| <b>27</b><br><b>Pasta w/ Meat Sauce</b><br>383 cal \$2.80<br><b>Baked Potato w/ Chicken, Broccoli &amp; Cheese</b><br>507 cal \$3.25<br><b>Fruit &amp; Cheese Smart Snack</b><br>317 cal \$2.80         | <b>28</b><br><b>Macaroni &amp; Cheese</b><br>382 cal \$2.80<br><b>Chili w/ WG Chips</b><br>416 cal \$2.55<br><b>Co-Jack &amp; Salsa Smart Snack</b><br>366 cal \$2.80                 | <b>29</b><br><b>Chicken Caesar Salad</b><br>340 cal \$4.00<br><b>Deviled Eggs &amp; Veggies</b><br>316 cal \$2.55<br><b>Small Tossed Salad w/ Dressing</b><br>59 cal \$2.75 | <b>30</b><br><b>Southwest Turkey Chef Salad</b><br>270 cal \$4.00<br><b>Grilled Cheese &amp; Tomato on Rye</b><br>294 cal \$2.55<br><b>Fresh Veggie Sticks w/ Ranch Dip</b><br>118 cal \$2.55 |   |