


OCTOBER 2017 STAFF A LA CARTE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pasta w/ Meat Sauce 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	3 Macaroni & Cheese 382 cal \$2.80 Chili w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	4 Chicken Caesar Salad 340 cal \$4.00 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	5 Southwest Turkey Chef Salad 270 cal \$4.00 Grilled Cheese & Tomato on Rye 294 cal \$2.55 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	6 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
9 BBQ Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	10 BBQ Beef Meatballs w/ Corn 384 cal \$2.80 Chicken & Veggie Lo Mein 466 cal \$3.25 Co-Jack & Salsa Smart Snack 366 cal \$2.80	11 Taco Cheese Puff 419 cal \$2.55 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	12 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	13 Philly Steak & Cheese Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Spinach Salad w/ Dressing 119 cal \$2.75
16 Pasta w/ Meat Sauce 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	17 Macaroni & Cheese 382 cal \$2.80 Chili w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	18 Taco Salad 426 cal \$4.00 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	19 Southwest Turkey Chef Salad 270 cal \$4.00 Grilled Cheese & Tomato on Rye 294 cal \$2.55 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	20 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
23 BBQ Chicken Drumstick w/ Green Beans 359 cal \$3.25 Baked Potato w/ Broccoli & Cheese 427 cal \$2.80 Fruit & Cheese Smart Snack 317 cal \$2.80	24 BBQ Beef Meatballs w/ Corn 384 cal \$2.80 Chicken & Veggie Lo Mein 466 cal \$3.25 Co-Jack & Salsa Smart Snack 366 cal \$2.80	25 Taco Cheese Puff 419 cal \$2.55 Deviled Eggs & Veggies 316 cal \$2.55 Small Spinach Salad w/ Dressing 59 cal \$2.75	26 Chicken Caesar Salad 340 cal \$4.00 Spinach & Cheese Crustless Quiche 474 cal \$3.75 Fresh Veggie Sticks w/ Ranch Dip 118 cal \$2.55	27 Philly Steak & Cheese Dippers 455 cal \$3.25 California Chef Salad w/ Turkey 385 cal \$4.00 Small Tossed Salad w/ Dressing 59 cal \$2.75
30 Pasta w/ Meat Sauce 383 cal \$2.80 Baked Potato w/ Chicken, Broccoli & Cheese 507 cal \$3.25 Fruit & Cheese Smart Snack 317 cal \$2.80	31 Macaroni & Cheese 382 cal \$2.80 Chili w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	 DIVISION OF FOOD & NUTRITION SERVICES MONTGOMERY COUNTY PUBLIC SCHOOLS		