

SECONDARY CAFE A LA CARTE

2016-2017

A LA CARTE FAVORITES	A LA CARTE SNACKS
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CAL			
310-350	WG Cheese [^] or Pepperoni ⁺ Pizza	\$2.80	
288	Cheeseburger [~] on WG Bun	\$1.80	
270	Hamburger [~] on WG Bun	\$1.55	
400	WG Chicken Patty ⁺ Sandwich on WG Bun	\$2.30	
259	WG Chicken Nuggets ⁺	\$2.30	
237-250	Spicy or WG Chicken Bites ⁺	\$2.30	

A LA CARTE BEVERAGES

CAL			
	100% Fruit Juice		
▼	Naked [®] Juice 10 oz.	\$3.00	
▼	8 oz.	\$1.25	
▼	6 oz.	75¢	
▼	4 oz.	50¢	
	Waters		
0	16 oz.	\$1.00	
0	8 oz.	50¢	
	Milk		
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	
	Misc.		
39	Iced Decaf Coffee (HS only)	\$1.50	
60	Iced Decaf Tea (HS only)	\$1.25	

CAL			
▼	WG Cereal Bar	75¢	
▼	WG Chips/Popcorn	75¢	
191-195	WG Cookie	50¢	
100	WG Crackers	50¢	
110	Craisins [®] /Raisins	50¢	
60-90	Fresh Fruit	75¢	
50-80	Fruit Cup	50¢	
▼	Fruit Snacks	75¢	
239-260	Fruit & Yogurt Parfait (small)	\$1.25	
▼	Ice Cream	\$1.00	
90	Pear/Apple Sauce	50¢	
74-140	Potatoes	75¢	
120	Pudding, Fat Free	75¢	
80	SideKicks [®] 100% Fruit Juice	75¢	
60	Sorbet, 100% Fruit Juice	75¢	
140	WG Soft Pretzel	50¢	
80	String Cheese	25¢	
13-109	Fresh Vegetables	50¢	
▼	Yogurt (4 oz.)	75¢	
▼	Yogurt (8 oz.)	\$1.25	

Nutrient & Allergen Information

<http://www.montgomeryschoolsmd.org/departments/foodserv/menus/allergen.aspx>

Menu subject to change.

Effective August 29, 2016

SYMBOLS

- ~ Beef
- ^ Meatless
- P Peanuts
- * Pork
- + Poultry

- ∨ Vegan
- WG= Whole Grain

▼ See nutrition label on individually wrapped product.



DIVISION FOOD & NUTRITION SERVICES
MONTGOMERY COUNTY PUBLIC SCHOOLS