

SECONDARY SCHOOL CAFE

2017-2018

MAIN CHOICES

The daily menu may feature some selections from the items below.

MONDAY

	CAL
Cherry Blossom Chicken+ WG Lo Mein Bowl	479
Bacon Cheeseburger*~ on WG Pretzel Roll w/ WG Onion Rings	551
Cheese^ or Pepperoni+ WG Round Pizza	330-350
Spicy or Chicken WG Bites+ w/ WG Roll	307-320
Hamburger~ or Cheeseburger~ on WG Bun	270-288
Chicken WG Patty+ on WG Bun	400
Chicken WG Nuggets+ w/ WG Roll	329

TUESDAY

Mac & Cheese Combo w/ WG Roll	339-378
WG French Toast Sticks w/ Sausage*	350-361
Meateaters~* or Supreme WG Pizza~*	349-370
Cheese WG Crunchers^ w/ Marinara Sauce	456
Grilled Cheese WG Flatbread^	243
Spicy Chicken WG Patty+ on WG Bun	341
Spicy Chicken WG Club*+ on WG Pretzel Roll	409

WEDNESDAY

Mini Chicken WG Tacos+	305
WG Spaghetti & Meatballs~ w/ Marinara Sauce	355
Meatball~ WG Sub	337
3 Cheese WG Calzone^ w/ Marinara Sauce	314
Spicy or Chicken WG Bites+ w/ WG Roll	307-320
Cheesy Burger~ on WG Bun or Hot Dog+ on WG Bun	310-312
Chicken WG Patty+ on WG Bun	400
Chicken WG Nuggets+ w/ WG Roll	329

THURSDAY

Philly Cheesesteak~ w/ Onions & Peppers & WG Onion Rings	582
Sriracha Chicken WG Bites+ w/ WG Roll	435
Meateaters~* or Supreme WG Pizza~*	349-370
Cheese WG Crunchers^ w/ Marinara Sauce	456
Grilled Cheese WG Flatbread^	243
Spicy Chicken WG Patty+ on WG Bun	341
Chicken WG Club*+ on WG Pretzel Roll	468

FRIDAY

Beef WG Nachos~ w/ Cheese Sauce	422-453
Chicken & Bacon Ranch WG Flatbread+*	455
Cheese^ or Pepperoni+ WG Round Pizza	330-350
Spicy or Chicken WG Bites+ w/ WG Roll	307-320
Hamburger~ or Cheeseburger~ on WG Bun	270-288
Chicken WG Patty+ on WG Bun	400
Chicken WG Nuggets+ w/ WG Roll	329

MEATLESS

	CAL
Grab n' Go Cheese^ w/ Soft WG Pretzel	260
Grab n' Go Hummus & Cheese ^ w/ WG Rounds	380
Grab n' Go Hummus^ w/ WG Rounds	440
Grab n' Go Yogurt & WG Bagel^ w/ Cream Cheese	376
Grab n' Go Large Fruit & Yogurt WG Parfait^	438-489
Peanut Butter & Jelly WG Sandwich^P w/Cheese Snack^	459
Grilled Cheese WG Flatbread^	243

COLD SANDWICHES

ALL SUBS AND CLASSIC SANDWICHES ARE ON WG BREAD

Cold Cut Sub+	292	Ham*	242
Ham & Cheese Sub*	315	Ham & Cheese*	244
Chicken Ham & Cheese+	286	Turkey+	241
Veggie Swiss Sub^	252		

SOUPS

Ancient Grain Chicken + Vegetable	143	Broccoli Cheese	205
Beef WG Noodle Vegetable	116	Chili	193

FRUIT + VEGETABLES

Baby Carrots	30	Marinara Sauce	64
Caesar Side Salad	92	Onion Rings (adults only)	200
Fresh Fruit	30-90	Shredded Lettuce &	
Fruit Cup	50-80	Diced Tomatoes	13
Fruit Sorbet	60	Potatoes	74-140
Fresh Veggies	20-25	Roasted Chickpeas	160
Hummus^	202	Side Salad	19

GRAINS

WG Buns	140-180	WG Pretzel Roll	160
WG Crackers	100	WG Rice	103
WG Dinner Roll	70	WG Rounds	200
WG Pita Chips	160	WG Scoops	110

MAIN SALADS

Chicken Caesar Salad+	384	Vegetarian	
Spicy WG Chicken Salad+	346	(Egg/Cheese) Salad^	334
Taco Salad~+	450		

LUNCH MEAL PRICES

Paid	\$2.80
Reduced	\$.40

The meal includes a main dish, assorted fruits, vegetables and milk.

Nutrient & Allergen Information is available at:

www.montgomeryschoolsmd.org/departments/foodserv/menus/allergen.aspx

School meals meet the nutrition standards established by the United States Department of Agriculture for the National School Lunch Program.

Menu subject to change.

Key: ~ Beef ^ Meatless P Peanuts *Pork + Poultry § Shrimp ^ Vegan WG Whole Grain



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This institution is an equal opportunity provider.