

# SECONDARY SCHOOL CAFE

2018

## MAIN CHOICES

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

### MONDAY

	CAL
Chicken Curry+ WG Rice Bowl	326
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 w/ WG Chicken Bites+ & WG Roll	569
Korean Beef Street Tacos~ w/ Broccoli Slaw	451
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
Teriyaki Meatballs~ w/ Veggie WG Rice	375
Meatball~ WG Sub	337
Spicy or Chicken WG Bites+ w/ WG Roll	307-320
Cheesy Burger~ on WG Bun	310
Hot Dog+ on WG Bun	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/ Cheesy Spinach Dip & WG Scoops	391
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^V 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	Turkey Salad+	375
		Egg Salad^	342
		Tuna Salad	232

## 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^V	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	Vegan Mediterranean Salad	329
Spicy WG Chicken Salad+	346	Vegetarian	
Taco Salad~+	450	(Egg/Cheese) Salad^	334

## 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/menu/allergen.aspx](http://www.montgomeryschoolsmd.org/departments/foodserv/menu/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.