

የሁለተኛ ደረጃ ት/ቤት ካፌ

2017-2018

ዋና ዋና ምርጫዎች

ስጋ የሌለው፡-

የየቀኑ የምግብ አቅርቦት ከታች የተዘረዘሩትን የምርጫ አይነቶች የሚያመለክት ይሆናል ።

Table with 2 columns: Item Name and Price. Items include Lo Mein Bowl (479), Pretzel (551), Onion Rings (330-350), etc.

Table with 2 columns: Item Name and Price. Items include Sandwiches (339-378), Salads (350-361), etc.

Table with 2 columns: Item Name and Price. Items include Smoothies (305), Sandwiches (355), etc.

Table with 2 columns: Item Name and Price. Items include Salads (582), Sandwiches (435), etc.

Table with 2 columns: Item Name and Price. Items include Beef Nachos (422-453), Sandwiches (455), etc.

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Table with 2 columns: Item Name and Price. Items include Grab n' Go Cheese (260), Pretzel (380), etc.

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Table with 2 columns: Item Name and Price. Items include Cold Cut Sub (292), Sandwiches (315), etc.

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Table with 2 columns: Item Name and Price. Items include Soup (143), etc.

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Table with 2 columns: Item Name and Price. Items include Salads (30), Sandwiches (92), etc.

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Table with 2 columns: Item Name and Price. Items include Sandwiches (140-180), etc.

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Table with 2 columns: Item Name and Price. Items include Sandwiches (384), etc.

የምሳ ምግቦች ዋጋዎች

የሚከፈል \$2.80 ቅናሽ \$.40

ዋናውን ምግብ ፣ ፍራ ፍራ በየአይነቱ፣ አትክልቶች እና ወተት ያካትታል።

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

የት/ቤት ምግቦች በዩናይትድ ስቴትስ የግብርና ሚኒስቴር ለብሔራዊ የት/ቤት ምሳ ጥራጥራ ያወጣውን የተመጣጠነ ምግብ ይዘት (nutrition) ደረጃዎች ያሟላሉ ።

