

DECEMBER 2017 STAFF A LA CARTE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 DIVISION OF FOOD & NUTRITION SERVICES <small>MONTGOMERY COUNTY PUBLIC SCHOOLS</small>				1 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
4 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	5 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	6 Taco Cheese Puff 419 cal \$2.55 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	7 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	8 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
11 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	12 Macaroni & Cheese 382 cal \$2.80 Chili w/ WG Chips 416 cal \$2.55 Co-Jack & Salsa Smart Snack 366 cal \$2.80	13 Taco Salad 426 cal \$4.00 Deviled Eggs & Veggies 316 cal \$2.55 Small Tossed Salad w/ Dressing 59 cal \$2.75	14 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	15 Asian Chicken Salad 370 cal \$4.00 Bacon & Cheese Crustless Quiche 514 cal \$3.75 Small Spinach Salad w/ Dressing 119 cal \$2.75
18 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	19 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	20 Taco Cheese Puff 419 cal \$2.55 Deviled Eggs & Veggies 316 cal \$2.55 Small Spinach Salad w/ Dressing 59 cal \$2.75	21 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	22 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
25 SCHOOLS CLOSED	26 SCHOOLS CLOSED	27 SCHOOLS CLOSED	28 SCHOOLS CLOSED	29 SCHOOLS CLOSED