

MIDDLE SCHOOL MENU

AUGUST 2024

MONDAY
08/26/2024

TUESDAY
08/27/2024

WEDNESDAY
08/28/2024

THURSDAY
08/29/2024

FRIDAY
08/30/2024

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CHEF INSPIRED ENTRÉES

Mandarin Orange Chicken w/ Veg Rice	430	73	Penne w/ Meatballs	510	69	BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	544	57	Chicken Lasagna Marinara w/ Roll	587	64	Beef Nachos	495	47
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	280	36	Spicy Chik'N w/ Rice & Beans ^v	615	99	Veggie Power Bowl ^v	514	87	Chik'N Nuggets ^v w/ Seasoned Potatoes, Corn & Rolls	580	88	Protein Packed Pasta ^v (Penne Pasta w/ Vegan Meat Sauce)	317	53
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FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Cheese & Hummus Protein Pack w/ Tostitos Rounds	393	56	Chicken Chef Salad w/ 2 Rolls	435	40	Taco Salad	503	60	Spicy Chicken Salad w/ Tortilla Pieces	383	37
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Baby Carrots	35	8	Assorted Fresh Veggies	14	3	Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Meatball Sub	371	38	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Chik'N Nuggets & Syrup	520	60	Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

Paid Meal Prices: Breakfast \$1.30 Lunch \$2.80
All meals are free for students who qualify for Free or Reduced priced meals.



Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU

SEPTEMBER 2024

MONDAY 09/02/2024 **TUESDAY** 09/03/2024 **WEDNESDAY** 09/04/2024 **THURSDAY** 09/05/2024 **FRIDAY** 09/06/2024

CAL | CARB CAL | CARB CAL | CARB CAL | CARB CAL | CARB

CHEF INSPIRED ENTRÉES

HOLIDAY LABOR DAY	Cheese Crunchers w/ Marinara Cup	473	72	Korean BBQ Chicken Drumstick w/ Rice	487	50	Incredible Unstuffed Potatoes	655	72	Beef & Cheese Crisp Ups w/ Salsa & Sour Cream	362	24	82	6
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Korean BBQ Chik'N w/ Rice ^v	628	105	Cheese Nachos	667	49	Mac & Cheese w/ Chik'N Nuggets & Roll	493	51	Veggie Burger ^v	279	36
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FROM THE FARMS

Taco Salad	503	60	Chicken Chef Salad w/ 2 rolls	435	40	Spicy Chicken Salad w/ Tortilla Pieces	383	37	Chik'N Entrée Salad ^v	446	63
Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Grape Tomatoes	18	4	Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3
Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28

FAN Favorites

Hamburger or Cheeseburger	323	28	Meatball Sub	371	38	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
French Toast Sticks w/ Sausage	394	36	Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

PB&J Sandwich ^v	600	64	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20-127; Carbs 7-33 Milk Calories 90-120; Carbs 12-20

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Paid Meal Prices: Breakfast \$1.30 Lunch \$2.80
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MIDDLE SCHOOL MENU

SEPTEMBER 2024

MONDAY 09/09/2024			TUESDAY 09/10/2024			WEDNESDAY 09/11/2024			THURSDAY 09/12/2024			FRIDAY 09/13/2024		
CAL CARB			CAL CARB			CAL CARB			CAL CARB			CAL CARB		

CHEF INSPIRED ENTRÉES

Mandarin Orange Chicken w/ Veg Rice	430	73	Penne w/ Meatballs	510	69	BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	544	57	Chicken Lasagna Marinara w/ Roll	587	64	Beef Nachos	495	47
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	279	36	Spicy Chik'N w/ Rice & Beans	615	99	Veggie Power Bowl ^v	514	87	Chik'N Nuggets ^v w/ Seasoned Potatoes, Corn & Rolls	580	88	Protein Packed Pasta ^v (Penne Pasta w/ Vegan Meat Sauce)	317	53
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FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Cheese & Hummus Protein Pack w/ Tostitos Rounds	393	56	Chicken Chef Salad w/ 2 Rolls	435	40	Taco Salad	503	60	Spicy Chicken Salad w/ Tortilla Pieces	383	37
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Baby Carrots	35	8	Assorted Fresh Veggies	14	3	Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Meatball Sub	371	38	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Chik'N Nuggets	520	60	Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20–127; Carbs 7–33 Milk Calories 90–120; Carbs 12–20

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Menu Key: Cal = Calories Carb = Carbohydrates ~Beef *Pork +Poultry ^vVegan

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Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU

SEPTEMBER 2024

MONDAY
09/16/2024

TUESDAY
09/17/2024

WEDNESDAY
09/18/2024

THURSDAY
09/19/2024

FRIDAY
09/20/2024

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CHEF INSPIRED ENTRÉES

Mac & Cheese w/ Chicken Bites & Roll	466	44	Cheese Crunchers w/ Marinara Cup	473	72	Korean BBQ Chicken Drumstick w/ Rice	487	50	Incredible Unstuffed Potatoes	655	72	Beef & Cheese Crisp Ups w/ Salsa & Sour Cream	362	24	82	6
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N w/ Cheesy Spinach & Rolls	506	60	Korean BBQ Chik'N w/ Rice ^v	628	105	Cheese Nachos	667	49	Mac & Cheese w/ Chik'N Nuggets & Roll	493	51	Veggie Burger ^v	279	36
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FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Taco Salad	503	60	Chicken Chef Salad w/ 2 rolls	435	40	Spicy Chicken Salad w/ Tortilla Pieces	383	37	Chik'N Entrée Salad ^v	446	63
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Fresh Baby Carrots	35	8	Grape Tomatoes	18	4	Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Meatball Sub	371	38	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Sausage	394	36	Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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MIDDLE SCHOOL MENU

SEPTEMBER 2024

MONDAY
09/23/2024

TUESDAY
09/24/2024

WEDNESDAY
09/25/2024

THURSDAY
09/26/2024

FRIDAY
09/27/2024

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CHEF INSPIRED ENTRÉES

Mandarin Orange Chicken w/ Veg Rice	430	73	Penne w/ Meatballs	510	69	BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	544	57	Chicken Lasagna Marinara w/ Roll	587	64	Beef Nachos	495	47
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	279	36	Spicy Chik'N w/ Rice & Beans	615	99	Veggie Power Bowl ^v	514	87	Chik'N Nuggets ^v w/ Seasoned Potatoes, Corn & Rolls	580	88	Protein Packed Pasta ^v (Penne Pasta w/ Vegan Meat Sauce)	317	53
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FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Cheese & Hummus Protein Pack w/ Tostitos Rounds	393	56	Chicken Chef Salad w/ 2 Rolls	435	40	Taco Salad	503	60	Spicy Chicken Salad w/ Tortilla Pieces	383	37
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Baby Carrots	35	8	Assorted Fresh Veggies	14	3	Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3

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Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Meatball Sub	371	38	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
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GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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Montgomery County Public Schools Division of Food and Nutrition Services

BREAKFAST MENU

WEEK 1

Serving week of 8/26, 9/9, 9/23

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

BREAKFAST BITES

Belgian Waffle w/Syrups	360 65	Sausage Breakfast Sandwich	200 27	French Toast Sticks w/ Syrup	392 66	Beef Chorizo & Cheese Sunrise Rollup	171 17	Maryland Made Cinnamon Roll	242 38
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DAILY ALTERNATE CHOICES

Honey Cheerios Cereal	210 44	Blueberry Chex Cereal	240 46	Yogurt & Grahams	232 38	Bagel with Cream Cheese	201 26
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Maryland Meals for Achievement Breakfast

Belgian Waffle w/ Syrup	360 65	Bagel with Cream Cheese	201 26	Banana Bread	371 53	Beef Chorizo & Cheese Sunrise Rollup	171 17	<i>Maryland Made Cinnamon Roll</i>	242 38
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Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20-127; Carbs 7-33 Milk Calories 90-120; Carbs 12-20

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Montgomery County Public Schools Division of Food and Nutrition Services



BREAKFAST MENU

WEEK 2

Serving week of 9/2 and 9/16

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
CAL CARB		CAL CARB		CAL CARB		CAL CARB		CAL CARB	

BREAKFAST BITES

Mini Pancakes w/ Syrup	330	66	Mini Strawberry Bagel	240	41	Small Fruit & Yogurt Parfait w/ Granola	467	103	Egg & Cheese Breakfast Croissant Sandwich	311	31	Maryland Made Cinnamon Roll	242	38
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DAILY ALTERNATE CHOICES

Honey Cheerios Cereal	210	44	Blueberry Chex Cereal	240	46	Yogurt & Grahams	232	38	Bagel with Cream Cheese	201	26
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Maryland Meals for Achievement Breakfast

Mini Pancakes w/ Syrup	330	66	Mini Strawberry Bagel	240	41	Strawberry Banana Smoothie & Grahams	130	36	Turkey Ham & Cheese on Hawaiian Bun	186	27	Maryland Made Cinnamon Roll	232	38
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