

MIDDLE SCHOOL MENU

NOVEMBER 2024

MONDAY 11/04/2024	TUESDAY 11/05/2024	WEDNESDAY 11/06/2024	THURSDAY 11/07/2024	FRIDAY 11/08/2024
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES

Mandarin Orange Chicken w/ Veg Rice	430	73	Chicken Lasagna Marinara w/ Roll	587	64	Beef Nachos	495	47
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PLANT-BASED & PLANT-FORWARD ENTRÉES

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

Chicken Chef Salad w/ 2 Rolls	435	40	Taco Salad	503	60	Spicy Chicken Salad w/ Tortilla Pieces	383	37
Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3

NO SCHOOL DAY

**HOLIDAY
ELECTION DAY**

FAN Favorites

Mini Beef Hot Dogs	302	26	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Enchilada Empanada	299	35	Spicy Chicken Tenders w/ Roll	297	31	Chicken Sandwich	342	36

GRAB 'N GO

Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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Local fruits, celebrating the Fall bounty of Maryland, will be served each day this week.
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

NOVEMBER 2024

MONDAY 11/11/2024	TUESDAY 11/12/2024	WEDNESDAY 11/13/2024	THURSDAY 11/14/2024	FRIDAY 11/15/2024
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES

Mac & Cheese w/ Mini Chicken Bites & Roll	468	44	Cheese Crunchers w/ Marinara Cup	473	52	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	Mac & Cheese w/ Chik'N Nuggets & Roll	493	51	Cheese Nachos	667	49	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 Spinach, Romaine, & Craisin Salad	205	28	Grape Tomatoes	18	4	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Baby Carrots	35	8	Garlic & Herb Broccoli	70	5	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	French Toast Sticks w/ Sausage	394	36	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	Meatball Sub	371	38	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.



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MIDDLE SCHOOL MENU NOVEMBER 2024

MONDAY 11/18/2024 **TUESDAY 11/19/2024** **WEDNESDAY 11/20/2024** **THURSDAY 11/21/2024** **FRIDAY 11/22/2024**

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

CHEF INSPIRED ENTRÉES

BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	544	57	Penne w/ Meatballs	510	69	Mandarin Orange Chicken w/ Veg Rice	430	73	Thanksgiving Meal Turkey & Gravy, Mashed Potatoes, Stuffing, Green Beans & Roll, Cranberry Sauce	478	72	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	Cheese Crunchers w/ Marinara Cup	473	72	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	Green Beans	19	4	Spicy Chicken Salad w/ Tortilla Pieces	383	37
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Mashed Potatoes	72	16	Roasted Corn	107	19
Fresh Baby Carrots	35	8	Garlic & Herb Broccoli	70	5	Roasted Chickpeas	180	27	Taco Salad	503	60	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Spinach, Romaine, & Craisin Salad	205	28	Assorted Fresh Veggies	14	3	Fresh Side Salad	20	4	Fresh Side Salad	20	4	Assorted Fresh Veggies	14	3

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Meatball Sub	371	38				Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Chik'N Nuggets	520	60	Chicken Enchilada Empanada	299	35				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
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MIDDLE SCHOOL MENU NOVEMBER 2024

MONDAY 11/25/2024	TUESDAY 11/26/2024	WEDNESDAY 11/27/2024	THURSDAY 11/28/2024	FRIDAY 11/29/2024
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES

Mac & Cheese w/ Mini Chicken Bites & Roll	468	44	Cheese Crunchers w/ Marinara Cup	473	72
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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
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FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Taco Salad	503	60	<p>NO SCHOOL DAY HOLIDAY HOLIDAY</p>
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	
Fresh Spinach, Romaine, & Craisin Salad	205	28	Grape Tomatoes	18	4	
Fresh Baby Carrots	35	8	Garlic & Herb Broccoli	70	5	

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28
Chicken Sandwich	342	36	French Toast Sticks w/ Sausage	394	36

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64
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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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BREAKFAST MENU WEEK 1

Serving week of 11/4, 11/18

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	Maryland Made Cinnamon Roll	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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BREAKFAST MENU WEEK 2

Serving week of 11/11, 11/25

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

DAILY ALTERNATE CHOICES											
Honey Cheerios Cereal	210	44	Blueberry Chex Cereal	240	46	Yogurt & Grahams	232	38	Bagel with Cream Cheese	201	26

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

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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