

HIGH SCHOOL MENU

OCTOBER 2024

MONDAY
09/30/2024

TUESDAY
10/01/2024

WEDNESDAY
10/02/2024

THURSDAY
10/03/2024

FRIDAY
10/04/2024

MARYLAND HOMEGROWN SCHOOL LUNCH WEEK

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	659	87	Beef & Cheese Crisp Ups w/ Salsa & Sour Cream	362	24	82	6
--------------------------------------	-----	----	----------------------------------	-----	----	--------------------------------------	-----	----	---	-----	----	----	---

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	NO SCHOOL DAY	Veggie Burger ^v	279	36
--	-----	----	--	-----	-----	---------------	-----	----	----------------------	----------------------------	-----	----

FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Taco Salad	503	60	Chicken Chef Salad w/ 2 rolls	435	40	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
Fresh Baby Carrots	35	8	Grape Tomatoes	18	4	Roasted Chickpeas	180	27	Roasted Cauliflower	55	5
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Side Salad	20	4

LOCAL Apples	95	25	LOCAL Watermelon	30	8	LOCAL Cantaloupe	27	7	LOCAL Apples	95	25
---------------------	----	----	-------------------------	----	---	-------------------------	----	---	---------------------	----	----

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/ Sausage	394	36	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	Fruit & Yogurt Parfait	438	94
------------------------	-----	----	----------------------------	-----	----	----------------	-----	----	------------------------	-----	----

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

HIGH SCHOOL MENU

OCTOBER 2024

MONDAY 10/07/2024		TUESDAY 10/08/2024		WEDNESDAY 10/09/2024		THURSDAY 10/10/2024		FRIDAY 10/11/2024	
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
-------------------------------------	-----	----	--------------------	-----	----	---	-----	----	----------------------------------	-----	----	-------------	-----	----

PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	279	36	Spicy Chik'N w/ Rice & Beans	650	108	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
----------------------------	-----	----	------------------------------	-----	-----	--------------------------------	-----	----	--	-----	----	---	-----	----

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	Hot Dog on WG Bun	239	26	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
------------------------	-----	----	----------------------------	-----	----	----------------	-----	----	----------------------------	-----	----	------------------------	-----	----

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

HIGH SCHOOL MENU

OCTOBER 2024

MONDAY 10/14/2024	TUESDAY 10/15/2024	WEDNESDAY 10/16/2024	THURSDAY 10/17/2024	FRIDAY 10/18/2024
----------------------	-----------------------	-------------------------	------------------------	----------------------

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	659	87	Incredible Unstuffed Potatoes	655	72
--------------------------------------	-----	----	----------------------------------	-----	----	--------------------------------------	-----	----	-------------------------------	-----	----

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	PROFESSIONAL DAY NO SCHOOL DAY
--	-----	----	--	-----	-----	---------------	-----	----	---------------------------------------	-----	----	---

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
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15
Fresh Baby Carrots	35	8	Grape Tomatoes	18	4	Roasted Chickpeas	180	27	Cucumber Slices	6	1
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8

FAN Favorites

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

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64
------------------------	-----	----	----------------------------	-----	----	----------------	-----	----	----------------------------	-----	----

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20-127; Carbs 7-33 Milk Calories 90-120; Carbs 12-20

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

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



This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

HIGH SCHOOL MENU

OCTOBER 2024

MONDAY
10/21/2024

TUESDAY
10/22/2024

WEDNESDAY
10/23/2024

THURSDAY
10/24/2024

FRIDAY
10/25/2024

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
-------------------------------------	-----	----	--------------------	-----	----	---	-----	----	----------------------------------	-----	----	-------------	-----	----

PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	279	36	Spicy Chik'N w/ Rice & Beans	650	108	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
----------------------------	-----	----	------------------------------	-----	-----	--------------------------------	-----	----	--	-----	----	---	-----	----

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	Hot Dog on WG Bun	239	26	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
------------------------	-----	----	----------------------------	-----	----	----------------	-----	----	----------------------------	-----	----	------------------------	-----	----

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

HIGH SCHOOL MENU

OCTOBER 2024

MONDAY
10/28/2024

TUESDAY
10/29/2024

WEDNESDAY
10/30/2024

THURSDAY
10/31/2024

FRIDAY
11/01/2024

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	659	87	Incredible Unstuffed Potatoes	655	72	Beef & Cheese Crisp Ups w/ Salsa & Sour Cream	362	24	82	6
--------------------------------------	-----	----	----------------------------------	-----	----	--------------------------------------	-----	----	-------------------------------	-----	----	---	-----	----	----	---

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
--	-----	----	--	-----	-----	---------------	-----	----	---------------------------------------	-----	----	----------------------------	-----	----

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	Cucumber Slices	6	1	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Baby Carrots	35	8	Garlic & Herb Broccoli	70	5	Roasted Chickpeas	180	27	Fresh Baby Carrots	35	8	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/ 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
------------------------	-----	----	----------------------------	-----	----	----------------	-----	----	----------------------------	-----	----	------------------------	-----	----

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

BREAKFAST MENU

WEEK 1

Serving week of 10/7, 10/21

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

BREAKFAST BITES

Belgian Waffle w/ Syrup	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
-------------------------	------------	-----------	----------------------------	------------	-----------	------------------------------	------------	-----------	--------------------------------------	------------	-----------	-----------------------------	------------	-----------

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

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
-------------------------	------------	-----------	-------------------------	------------	-----------	--------------	------------	-----------	--------------------------------------	------------	-----------	-----------------------------	------------	-----------

Assorted fruit and milk are available at every meal. Assorted fruit: Calories 20-127; Carbs 7-33 Milk Calories 90-120; Carbs 12-20

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

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

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services



BREAKFAST MENU

WEEK 2

Serving week of 9/30, 10/14, 10/28

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

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

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

This institution is an equal opportunity provider.

Montgomery County Public Schools Division of Food and Nutrition Services

