

# HIGH SCHOOL MENU

# NOVEMBER 2023

**MONDAY 11/6/2023**      **TUESDAY 11/7/2023**      **WEDNESDAY 11/8/2023**      **THURSDAY 11/9/2023**      **FRIDAY 11/10/2023**

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

## CHEF INSPIRED ENTRÉES

Chicken Bites Bowl	338	48	Penne w/Meatballs & Marinara	467	56	Beef Tacos w/ Mini Flatbreads	327	35	BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	428	53	Beef Nachos w/ Salsa, Lettuce & Tomatoes	499	48
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## PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger <sup>v</sup>	280	36	Spicy Chik'N Street Tacos <sup>v</sup> w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Power Bowl <sup>v</sup>	615	95	Chik'N Nuggets Bowl <sup>v</sup> & Rolls	500	74	Chickpea Entrée Salad <sup>v</sup>	381	65
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## FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad <sup>v</sup>	381	65	Chicken Entrée Salad	488	43	Taco Salad	481	60	Spicy Chicken Entrée Salad	521	55
Baked Fries	165	25	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	165	25	Roasted Corn	107	19
Chili Soup	182	26	Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Grape Tomatoes	20	4	Fresh Spinach, Romaine, & Craisin Salad	205	28

## FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	Spicy Chicken Tenders w/Roll	297	31	Hot Dog on Bun	270	28	Spicy Chicken Tenders w/Roll	297	31	Chicken Sandwich	342	36

## GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich <sup>v</sup>	600	64	Grab-N-Go Hummus & Scoops <sup>v</sup>	420	65	PB&J Sandwich <sup>v</sup>	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 <sup>v</sup>Vegan

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Montgomery County Public Schools Division of Food and Nutrition Services

# HIGH SCHOOL MENU

# NOVEMBER 2023

**MONDAY 11/13/2023**      **TUESDAY 11/14/2023**      **WEDNESDAY 11/15/2023**      **THURSDAY 11/16/2023**      **FRIDAY 11/17/2023**

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

## CHEF INSPIRED ENTRÉES

Mac & Cheese w/Chicken Bites & Roll	419	40	Ranch Chicken Power Bowl	657	71	Korean BBQ Chicken Drumstick w/ Rice	539	84	Thanksgiving Meal Turkey & Gravy, Mashed Potatoes, Stuffing, Green Beans & Roll, Cranberry Sauce	478	72	Meatball Sub	379	39
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## PLANT-BASED & PLANT-FORWARD ENTRÉES

Chik'N & Waffle <sup>v</sup> Flatbread Sandwich	567	89	Korean BBQ Chik'N w/Rice <sup>v</sup>	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Chik'N Entrée Salad <sup>v</sup>	448	63	Veggie Burger <sup>v</sup>	280	36
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## FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Taco Salad	481	60	Chicken Entrée Salad	488	43	Green Beans	19	4	Spicy Chicken Entrée Salad	521	55
Baked Fries	165	25	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Mashed Potatoes	72	16	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Grape Tomatoes	20	4				Fresh Celery Sticks	4	1
Chili Soup	182	26	Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22				Chili Soup	182	26

## FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Spicy Chicken Tenders w/Roll	297	31	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	Spicy Chicken Tenders w/Roll	297	31	Hot Dog on Bun	270	28				Chicken Sandwich	342	36

## GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich <sup>v</sup>	600	64	French Toast Sticks w/ Sausage* & Syrup	532	66	PB&J Sandwich <sup>v</sup>	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 <sup>v</sup>Vegan

# HIGH SCHOOL MENU

# NOVEMBER 2023

**MONDAY**  
11/20/2023

**TUESDAY**  
11/21/2023

**WEDNESDAY**  
11/22/2023

**THURSDAY**  
11/23/2023

**FRIDAY**  
11/24/2023

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

## CHEF INSPIRED ENTRÉES

Chicken Bites Bowl	<b>338</b>	<b>48</b>	Penne w/Meatballs & Marinara	<b>467</b>	<b>56</b>
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**Thanksgiving Holidays**  
**Schools & Offices Closed**

## PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger <sup>v</sup>	<b>280</b>	<b>36</b>	Spicy Chik'N Street Tacos <sup>v</sup> w/ Salsa, Lettuce & Tomatoes	<b>428</b>	<b>56</b>
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## FROM THE FARMS

Spicy Chicken Entrée Salad	<b>521</b>	<b>55</b>	Chickpea Entrée Salad <sup>v</sup>	<b>381</b>	<b>65</b>
Ranchero Beans	<b>185</b>	<b>29</b>	Baked Fries	<b>110</b>	<b>17</b>
Fresh Baby Carrots	<b>35</b>	<b>8</b>	Garlic & Herb Broccoli	<b>70</b>	<b>5</b>
Fresh Grape Tomatoes	<b>20</b>	<b>4</b>	Fresh Celery Sticks	<b>4</b>	<b>1</b>

## FAN Favorites

Pizza, Cheese or Pepperoni	<b>320</b>	<b>36</b>	Hamburger or Cheeseburger	<b>323</b>	<b>28</b>
Chicken Sandwich	<b>342</b>	<b>36</b>	Spicy Chicken Tenders w/Roll	<b>297</b>	<b>31</b>

## GRAB 'N GO

Fruit & Yogurt Parfait	<b>438</b>	<b>94</b>	PB&J Sandwich <sup>v</sup>	<b>600</b>	<b>64</b>
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# HIGH SCHOOL MENU

# NOVEMBER 2023

**MONDAY 11/27/2023**      **TUESDAY 11/28/2023**      **WEDNESDAY 11/29/2023**      **THURSDAY 11/30/2023**      **FRIDAY 12/1/2023**

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

## CHEF INSPIRED ENTRÉES

Mac & Cheese w/Chicken Bites & Roll	419	40	Ranch Chicken Power Bowl	657	71	Korean BBQ Chicken Drumstick w/ Rice	559	84	Chicken & Waffle Flatbread Sandwich	532	74	Meatball Sub	379	39
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## PLANT-BASED & PLANT-FORWARD ENTRÉES

Chik'N & Waffle Flatbread Sandwich	567	89	Korean BBQ Chik'N w/Rice	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/ Chik'N Nuggets & Roll	438	46	Veggie Burger	280	36
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## FROM THE FARMS

Spicy Chicken Entrée Salad	521	55	Taco Salad	481	60	Chicken Entrée Salad	488	43	Spicy Chicken Entrée Salad	521	55	Chik'N Entrée Salad <sup>v</sup>	448	63
Baked Fries	165	25	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	165	25	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Grape Tomatoes	20	4	Fresh Spinach, Romaine, & Craisin Salad	205	28
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## GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich <sup>v</sup>	600	64	French Toast Sticks w/ Sausage* & Syrup	532	66	PB&J Sandwich <sup>v</sup>	600	64	Fruit & Yogurt Parfait	438	94
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# BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

## BREAKFAST BITES

Belgian Waffle w/ Syrups	<b>480</b>	<b>96</b>	Sausage Breakfast Sandwich	<b>210</b>	<b>27</b>	Egg & Cheese on Maryland Made Croissant	<b>275</b>	<b>30</b>	Turkey Ham & Cheese Breakfast Sandwich	<b>270</b>	<b>30</b>	Mini Pancakes w/ Syrups	<b>450</b>	<b>97</b>
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## DAILY ALTERNATE CHOICES

Bagel with Cream Cheese	<b>201</b>	<b>26</b>	Blueberry Chex Cereal	<b>240</b>	<b>46</b>	Maryland Made Cinnamon Roll	<b>232</b>	<b>38</b>	French Toast Sticks w/ Syrups	<b>512</b>	<b>97</b>	Yogurt & Grahams	<b>232</b>	<b>38</b>
Mini Strawberry Bagel	<b>240</b>	<b>41</b>	Honey Cheerios Cereal	<b>210</b>	<b>44</b>	Fruit & Yogurt Parfait w/ Granola	<b>260</b>	<b>58</b>	Chicken Biscuit Sandwich	<b>250</b>	<b>31</b>	Belgian Waffle w/ Syrups	<b>480</b>	<b>96</b>

## Maryland Meals for Achievement Breakfast

Chicken Biscuit Sandwich	<b>250</b>	<b>31</b>	Mini Pancakes w/ Syrups	<b>450</b>	<b>97</b>	Turkey Ham & Cheese on Hawaiian Bun	<b>186</b>	<b>27</b>	Belgian Waffle w/ Syrups	<b>480</b>	<b>96</b>	Maryland Made Cinnamon Roll	<b>232</b>	<b>38</b>
Honey Cheerios Cereal	<b>210</b>	<b>44</b>	Yogurt & Grahams	<b>232</b>	<b>38</b>	Mini Strawberry Bagel	<b>240</b>	<b>41</b>	Yogurt & Grahams	<b>232</b>	<b>38</b>	Blueberry Chex	<b>240</b>	<b>46</b>

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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