

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

Spicy Chicken Entrée Salad	521	55	Chickpea Entrée Salad ^v	381	65	Chicken Entrée Salad	488	43	Taco Salad	481	60	Spicy Chicken Entrée Salad	521	55
Baked Fries	110	17	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	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 ^v	600	64	Grab-N-Go Hummus & Scoops ^v	420	65	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

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	387	48	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 ^v Flatbread Sandwich	567	89	Korean BBQ Chik'N w/Rice ^v	391	55	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Chik'N Entrée Salad ^v	448	63	Veggie Burger ^v	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	110	17	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 ^v	600	64	French Toast Sticks w/ Sausage* & Syrup	532	66	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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MIDDLE SCHOOL MENU

NOVEMBER 2023

MONDAY 11/20/2023	TUESDAY 11/21/2023	WEDNESDAY 11/22/2023	THURSDAY 11/23/2023	FRIDAY 11/24/2023
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES

Chicken Bites Bowl	338	48	Penne w/Meatballs & Marinara	467	56	<p>Thanksgiving Holidays 🍂 Schools & Offices Closed</p>
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	280	36	Spicy Chik'N Street Tacos ^v w/ Salsa, Lettuce & Tomatoes	428	56
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FROM THE FARMS

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

FAN Favorites

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

GRAB 'N GO

Fruit & Yogurt Parfait	438	94	PB&J Sandwich ^v	600	64
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MIDDLE 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	387	48	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	391	55	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 ^v	448	63
Baked Fries	110	17	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	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
Chili Soup	182	26	Broccoli Cheese Soup	206	20	Chicken Veg Ancient Grains Soup	149	22	Tomato Soup	155	23	Chili Soup	182	26

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 ^v	600	64	French Toast Sticks w/ Sausage* & Syrup	532	66	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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

BREAKFAST BITES

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

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

Maryland Meals for Achievement Breakfast

Egg & Turkey Sausage Bagel	180	23	Mini Pancakes w/Syrups	450	97	Turkey Ham & Cheese on Hawaiian Bun	186	27	Belgian Waffle w/Syrups	480	96	<i>Maryland Made</i> Cinnamon Roll ^y	240	41
Honey Cheerios Cereal	210	44	Yogurt & Grahams	232	38	Mini Strawberry Bagel	240	41	Yogurt w/Grahams	232	38	Blueberry Chex Cereal	240	46

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