

HIGH SCHOOL MENU

OCTOBER 2023

MONDAY 10/2/2023 **TUESDAY 10/3/2023** **WEDNESDAY 10/4/2023** **THURSDAY 10/5/2023** **FRIDAY 10/6/2023**

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

CHEF INSPIRED ENTRÉES

Mac & Cheese w/ Chicken Bites & Roll	419	40	French Toast Sticks w/ Sausage* & Syrup	532	66	Korean BBQ Chicken Drumstick w/Rice	539	82	Chicken & Waffle Flatbread Sandwich	522	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 ^v w/Rice	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/Chik'N Nuggets & Roll	438	46	Veggie Burger ^v	280	36
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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	Chik'N Entrée Salad ^v	448	63
Ranchero Beans	185	29	Baked Fries	110	17	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Fresh Baby Carrots	35	8	Garlic & Herb Broccoli	70	5	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	20	4	Fresh Baby Carrots	35	8
Fresh Spinach, Romain, & Craisin Salad	205	28	Fresh Grape Tomatoes	20	4	Fresh Side Salad	20	4	Fresh Cucumber Slices	19	4	Fresh Spinach, Romain, & 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

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 2023

MONDAY 10/9/2023	TUESDAY 10/10/2023	WEDNESDAY 10/11/2023	THURSDAY 10/12/2023	FRIDAY 10/13/2023
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CAL CARB	CAL CARB	CAL CARB	CAL CARB	CAL CARB
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CHEF INSPIRED ENTRÉES

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

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

Chickpea Entrée Salad ^v	381	65	Chicken Entrée Salad	488	43	Taco Salad	481	60	Chik'N Entrée Salad ^v	448	63
Baked Fries	110	17	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Garlic & Herb Broccoli	70	5	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	20	4	Fresh Baby Carrots	35	8
Fresh Grape Tomatoes	20	4	Fresh Side Salad	20	4	Fresh Cucumber Slices	19	4	Fresh Spinach, Romain, & Craisin Salad	205	28

FAN Favorites

Hamburger or Cheeseburger	323	28	Cheese Crunchers w/ Marinara	467	51	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	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

PB&J Sandwich ^v	600	64	French Toast Sticks w/Chik'N ^v & Syrup	640	90	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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HIGH SCHOOL MENU

OCTOBER 2023

MONDAY
10/16/2023

TUESDAY
10/17/2023

WEDNESDAY
10/18/2023

THURSDAY
10/19/2023

FRIDAY
10/20/2023

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	82	Chicken & Waffle Flatbread Sandwich	522	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 ^v w/Rice	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/Chik'N Nuggets & Roll	438	46	Veggie Burger ^v	280	36
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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	Chik'N Entrée Salad ^v	448	63
Ranchero Beans	185	29	Baked Fries	110	17	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Fresh Baby Carrots	35	8	Garlic & Herb Broccoli	70	5	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	20	4	Fresh Baby Carrots	35	8
Fresh Spinach, Romain, & Craisin Salad	205	28	Fresh Grape Tomatoes	20	4	Fresh Side Salad	20	4	Fresh Cucumber Slices	19	4	Fresh Spinach, Romain, & 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	Grilled Cheese Sandwich	280	30	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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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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HIGH SCHOOL MENU

OCTOBER 2023

MONDAY 10/23/2023 **TUESDAY 10/24/2023** **WEDNESDAY 10/25/2023** **THURSDAY 10/26/2023** **FRIDAY 10/27/2023**

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

CHEF INSPIRED ENTRÉES

Chicken Bite Bowl	338	48	Penne w/Meatballs & Marinara	467	56	Beef Tacos w/Mini Flatbreads	327	35	BBQ Glazed Chicken Drumsticks 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 Bite Bowl	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	Chik'N Entrée Salad ^v	448	63
Ranchero Beans	185	29	Baked Fries	110	17	Sweet-Heat Potatoes	131	31	Baked Fries	110	17	Roasted Corn	107	19
Fresh Baby Carrots	35	8	Garlic & Herb Broccoli	70	5	Fresh Baby Carrots	35	8	Fresh Grape Tomatoes	20	4	Fresh Baby Carrots	35	8
Fresh Spinach, Romain, & Craisin Salad	205	28	Fresh Grape Tomatoes	20	4	Fresh Side Salad	20	4	Fresh Cucumber Slices	19	4	Fresh Spinach, Romain, & 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	French Toast Sticks w/Chik'N ^v & Syrup	640	90	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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HIGH SCHOOL MENU

OCTOBER 2023

MONDAY 10/30/2023 **TUESDAY 10/31/2023** **WEDNESDAY 11/1/2023** **THURSDAY 11/2/2023** **FRIDAY 11/3/2023**

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	82	Chicken & Waffle Flatbread Sandwich	522	74	Meatball Sub	379	39
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PLANT-BASED & PLANT-FORWARD ENTRÉES

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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	Egg & Cheese English Muffin	200	24
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DAILY ALTERNATE CHOICES

Egg & Turkey Sausage Bagel	180	23	Blueberry Chex Cereal	240	46	Yogurt & Oatmeal Breakfast Bar	220	38	French Toast Sticks w/Syrups	512	97	Mini Cinnamon Bagel	240	41
Egg & Cheese <i>Maryland Made</i> Croissant	275	30	Honey Cheerios Cereal	210	44	Fruit & Yogurt Parfait w/Granola	260	58	<i>Maryland Made</i> Cinnamon Roll ^v	232	28	Mini Strawberry Bagel	230	42

Maryland Meals for Achievement Breakfast

Egg & Turkey Sausage Bagel	180	23	Mini Maple Pancakes w/Syrups	450	97	Egg & Cheese English Muffin	200	24	Belgian Waffle w/Syrups	480	96	<i>Maryland Made</i> Cinnamon Roll ^v	240	41
Honey Cheerios Cereal	210	44	Yogurt & Oatmeal Breakfast Bar	220	38	Mini Strawberry or Cinnamon Bagel	230	41	Yogurt w/Grahams	232	38	Blueberry Chex Cereal	240	46

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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