

# 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
--------------------------------------	-----	----	---	-----	----	-------------------------------------	-----	----	-------------------------------------	-----	----	--------------	-----	----

## PLANT-BASED & PLANT-FORWARD ENTRÉES

Chik'N & Waffle Flatbread Sandwich	567	89	Korean BBQ Chik'N <sup>v</sup> w/Rice	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/Chik'N Nuggets & Roll	438	46	Veggie Burger <sup>v</sup>	280	36
------------------------------------	-----	----	---------------------------------------	-----	----	---	-----	----	--------------------------------------	-----	----	----------------------------	-----	----

## 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	Chik'N Entrée Salad <sup>v</sup>	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 <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
------------------------	-----	----	----------------------------	-----	----	--	-----	----	----------------------------	-----	----	------------------------	-----	----

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 <sup>v</sup>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

# 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
---------------------	-----------------------	-------------------------	------------------------	----------------------

CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB	CAL   CARB
------------	------------	------------	------------	------------

## 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
------------------------------	-----	----	------------------------------	-----	----	---	-----	----	---	-----	----

## PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N Street Tacos <sup>v</sup> w/ Salsa, Lettuce & Tomatoes	428	56	Veggie Power Bowl <sup>v</sup>	615	95	Chik'N Bite Bowl	500	74	Chickpea Entrée Salad <sup>v</sup>	381	65
---	-----	----	--------------------------------	-----	----	------------------	-----	----	------------------------------------	-----	----

## FROM THE FARMS

Chickpea Entrée Salad <sup>v</sup>	381	65	Chicken Entrée Salad	488	43	Taco Salad	481	60	Chik'N Entrée Salad <sup>v</sup>	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 <sup>v</sup>	600	64	French Toast Sticks w/Chik'N <sup>v</sup> & Syrup	640	90	PB&J Sandwich <sup>v</sup>	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 <sup>v</sup>Vegan

# 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
--------------------------------------	-----	----	--------------------------	-----	----	-------------------------------------	-----	----	-------------------------------------	-----	----	--------------	-----	----

## PLANT-BASED & PLANT-FORWARD ENTRÉES

Chik'N & Waffle Flatbread Sandwich	567	89	Korean BBQ Chik'N <sup>v</sup> w/Rice	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/Chik'N Nuggets & Roll	438	46	Veggie Burger <sup>v</sup>	280	36
------------------------------------	-----	----	---------------------------------------	-----	----	---	-----	----	--------------------------------------	-----	----	----------------------------	-----	----

## 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	Chik'N Entrée Salad <sup>v</sup>	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 <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
------------------------	-----	----	----------------------------	-----	----	---	-----	----	----------------------------	-----	----	------------------------	-----	----

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 <sup>v</sup>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

# 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
-------------------	-----	----	------------------------------	-----	----	------------------------------	-----	----	---	-----	----	---	-----	----

## 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 Bite Bowl	500	74	Chickpea Entrée Salad <sup>v</sup>	381	65
----------------------------	-----	----	---	-----	----	--------------------------------	-----	----	------------------	-----	----	------------------------------------	-----	----

## 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	Chik'N Entrée Salad <sup>v</sup>	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 <sup>v</sup>	600	64	French Toast Sticks w/Chik'N <sup>v</sup> & Syrup	640	90	PB&J Sandwich <sup>v</sup>	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 <sup>v</sup>Vegan

# 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
--------------------------------------	-----	----	--------------------------	-----	----	-------------------------------------	-----	----	-------------------------------------	-----	----	--------------	-----	----

## PLANT-BASED & PLANT-FORWARD ENTRÉES

Chik'N & Waffle Flatbread Sandwich	567	89	Korean BBQ Chik'N <sup>v</sup> w/Rice	501	78	Cheese Nachos w/Salsa, Lettuce & Tomatoes	663	48	Mac & Cheese w/Chik'N Nuggets & Roll	438	46	Veggie Burger <sup>v</sup>	280	36
------------------------------------	-----	----	---------------------------------------	-----	----	---	-----	----	--------------------------------------	-----	----	----------------------------	-----	----

## 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	Chik'N Entrée Salad <sup>v</sup>	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 <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
------------------------	-----	----	----------------------------	-----	----	---	-----	----	----------------------------	-----	----	------------------------	-----	----

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

This institution is an equal opportunity provider.

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

## 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 <sup>v</sup>	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 <sup>v</sup>	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

Menu Key: Cal = Calories Carb = Carbohydrates ~Beef \*Pork +Poultry <sup>v</sup>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

