

MIDDLE SCHOOL MENU AUGUST/SEPTEMBER 2023

MONDAY
8/28/2023

TUESDAY
8/29/2023

WEDNESDAY
8/30/2023

THURSDAY
8/31/2023

FRIDAY
9/1/2023

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	French Toast Sticks w/Chik'N ^v & Syrup	640	90	Chik'N Bite Bowl	500	74	Chickpea Entrée Salad	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	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

MIDDLE SCHOOL MENU

SEPTEMBER 2023

MONDAY
9/4/2023

TUESDAY
9/5/2023

WEDNESDAY
9/6/2023

THURSDAY
9/7/2023

FRIDAY
9/8/2023

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CHEF INSPIRED ENTRÉES

French Toast Sticks w/ Sausage* & Syrup	532	66	Korean BBQ Chicken Drumstick w/Rice	367	46	Chicken & Waffle Flatbread Sandwich	522	74	Meatball Sub	379	39
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Korean BBQ Chik'N ^v w/Rice	391	55	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

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	Grab-N-Go Hummus & Scoops ^v	420	65	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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MIDDLE SCHOOL MENU

SEPTEMBER 2023

MONDAY
9/11/2023

TUESDAY
9/12/2023

WEDNESDAY
9/13/2023

THURSDAY
9/14/2023

FRIDAY
9/15/2023

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	French Toast Sticks w/Chik'N ^v & Syrup	640	90	Chik'N Bite Bowl	500	74	Chickpea Entrée Salad	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	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

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Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU

SEPTEMBER 2023

MONDAY
9/18/2023

TUESDAY
9/19/2023

WEDNESDAY
9/20/2023

THURSDAY
9/21/2023

FRIDAY
9/22/2023

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	367	46	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	391	55	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	Grab-N-Go Hummus & Scoops ^v	420	65	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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MIDDLE SCHOOL MENU

SEPTEMBER 2023

MONDAY
9/25/2023

TUESDAY
9/26/2023

WEDNESDAY
9/27/2023

THURSDAY
9/28/2023

FRIDAY
9/29/2023

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
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PLANT-BASED & PLANT-FORWARD ENTRÉES

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FROM THE FARMS

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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

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GRAB 'N GO

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Montgomery County Public Schools Division of Food and Nutrition Services

MIDDLE SCHOOL MENU

SEPTEMBER 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	367	46	Chicken & Waffle Flatbread Sandwich	522	74	Meatball Sub	379	39
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FROM THE FARMS

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GRAB 'N GO

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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

Chicken Biscuit Sandwich	250	31	Sausage Breakfast Sandwich	210	27	Egg & Cheese <i>Maryland Made</i> Croissant	275	30	Turkey Ham & Cheese Breakfast Sandwich	270	30	Mini Pancakes w/ Syrup	450	97
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DAILY ALTERNATE CHOICES

Bagel w/ Cream Cheese	200	27	Blueberry Chex Cereal	240	46	Belgian Waffle w/ Syrups	480	96	French Toast Sticks w/Syrups	512	97	Mini Strawberry 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			

Maryland Meals for Achievement Breakfast

Chicken Biscuit Sandwich	250	31	Mini Maple Pancakes w/Syrups	450	97	Turkey Ham & Cheese Sandwich	270	30	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

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