

HIGH SCHOOL MENU

DECEMBER 2024

MONDAY 12/02/2024 **TUESDAY** 12/03/2024 **WEDNESDAY** 12/04/2024 **THURSDAY** 12/05/2024 **FRIDAY** 12/06/2024

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

CHEF INSPIRED ENTRÉES

BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	544	57	Penne w/ Meatballs	510	69	Mandarin Orange Chicken w/ Veg Rice	430	73	Korean BBQ Chicken Drumstick w/ Rice	659	87	Beef Nachos	495	47
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	279	36	Spicy Chik'N w/ Rice & Beans	650	108	Mac & Cheese w/ Chik'N Nuggets & Roll	493	51	Chik'N Nuggets ^v w/ Seasoned Potatoes, Corn & Rolls	580	88	Protein Packed Pasta ^v (Penne Pasta w/ Vegan Meat Sauce)	317	53
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FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Cheese & Hummus Protein Pack w/ Tostitos Rounds	393	56	Chicken Chef Salad w/ 2 Rolls	435	40	Taco Salad	503	60	Spicy Chicken Salad w/ Tortilla Pieces	383	37
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Roasted Chickpeas	180	27	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Baby Carrots	35	8	Assorted Fresh Veggies	14	3	Fresh Spinach, Romaine, & Craisin Salad	205	28	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3
Chili Soup	184	28	Broccoli Cheese Soup	205	20	Chicken Veg Rice Soup	143	22	Tomato Soup	155	23	Chili Soup	184	28

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Mini Beef Hot Dogs	302	26	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Chik'N Nuggets	520	60	Chicken Enchilada Empanada	299	35	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	Bagel & Yogurt	381	64	PB&J Sandwich ^v	600	64	Fruit & Yogurt Parfait	438	94
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Local fruits, celebrating the Fall bounty of Maryland, will be served each day this week.
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

HIGH SCHOOL MENU

DECEMBER 2024

MONDAY 12/09/2024 **TUESDAY** 12/10/2024 **WEDNESDAY** 12/11/2024 **THURSDAY** 12/12/2024 **FRIDAY** 12/13/2024

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

CHEF INSPIRED ENTRÉES

Mini Chicken Bites w/ Dinner Roll	327	30	Cheese Crunchers w/ Marinara Cup	473	52	Cheese Lasagna Marinara w/ Roll	587	64	Incredible Unstuffed Potatoes	655	72	Beef & Cheese Crisp Ups w/ Salsa & Sour Cream	362	24	82	6
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Spicy Chik'N w/ Cheesy Spinach & Rolls	506	60	Korean BBQ Chik'N w/ Rice ^v	628	105	Veggie Power Bowl ^v	514	87	Grilled Cheese Sandwich	280	31	Veggie Burger ^v	279	36
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FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Taco Salad	503	60	Chicken Chef Salad w/ 2 rolls	435	40	Spicy Chicken Salad w/ Tortilla Pieces	383	37	Chik'N Entrée Salad ^v	446	63
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Fresh Baby Carrots	35	8	Grape Tomatoes	18	4	Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Chili Soup	184	28	Broccoli Cheese Soup	205	20	Chicken Veg Rice Soup	143	22	Tomato Soup	155	23	Chili Soup	184	28

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	French Toast Sticks w/ Sausage*	394	36	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	Meatball Sub	371	38	Chicken Enchilada Empanada	299	35	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	Bagel & Yogurt	381	64	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
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HIGH SCHOOL MENU

DECEMBER 2024

MONDAY 12/16/2024 **TUESDAY 12/17/2024** **WEDNESDAY 12/18/2024** **THURSDAY 12/19/2024** **FRIDAY 12/20/2024**

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

CHEF INSPIRED ENTRÉES

BBQ Glazed Chicken Drumstick w/ Mashed Potatoes & Rolls	544	57	Penne w/ Meatballs	510	69	Mandarin Orange Chicken w/ Veg Rice	430	73	Korean BBQ Chicken Drumstick w/ Rice	659	87	Beef Nachos	495	47
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PLANT-BASED & PLANT-FORWARD ENTRÉES

Veggie Burger ^v	279	36	Spicy Chik'N w/ Rice & Beans	650	108	Mac & Cheese w/ Chik'N Nuggets & Roll	493	51	Chik'N Nuggets ^v w/ Seasoned Potatoes, Corn & Rolls	580	88	Protein Packed Pasta ^v (Penne Pasta w/ Vegan Meat Sauce)	317	53
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FROM THE FARMS

Spicy Chicken Salad w/ Tortilla Pieces	383	37	Cheese & Hummus Protein Pack w/ Tostitos Rounds	393	56	Chicken Chef Salad w/ 2 Rolls	435	40	Taco Salad	503	60	Spicy Chicken Salad w/ Tortilla Pieces	383	37
Crinkle Cut Potatoes	99	15	Seasoned Potatoes	140	25	Sweet-Heat Potatoes	131	31	Crinkle Cut Potatoes	99	15	Roasted Corn	107	19
Fresh Spinach, Romaine, & Craisin Salad	205	28	Garlic & Herb Broccoli	70	5	Fresh Side Salad	20	4	Fresh Baby Carrots	35	8	Fresh Spinach, Romaine, & Craisin Salad	205	28
Fresh Baby Carrots	35	8	Assorted Fresh Veggies	14	3	Roasted Chickpeas	180	27	Cucumber Slices	6	1	Assorted Fresh Veggies	14	3
Chili Soup	184	28	Broccoli Cheese Soup	205	20	Chicken Veg Rice Soup	143	22	Tomato Soup	155	23	Chili Soup	184	28

FAN Favorites

Pizza, Cheese or Pepperoni	320	36	Hamburger or Cheeseburger	323	28	Mini Beef Hot Dogs	302	26	Hamburger or Cheeseburger	323	28	Pizza, Cheese or Pepperoni	320	36
Chicken Sandwich	342	36	French Toast Sticks w/ Chik'N Nuggets	520	60	Chicken Enchilada Empanada	299	35	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	Bagel & Yogurt	381	64	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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BREAKFAST MENU WEEK 1

Serving week of 12/02, 12/16, 12/30

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

CAL | CARB

BREAKFAST BITES

Belgian Waffle w/ Syrup	360	65	Sausage Breakfast Sandwich*	200	27	French Toast Sticks w/ Syrup	392	66	Beef Chorizo & Cheese Sunrise Rollup	171	17	Maryland Made Cinnamon Roll	242	38
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DAILY ALTERNATE CHOICES

Honey Cheerios Cereal	210	44	Blueberry Chex Cereal	240	46	Yogurt & Grahams	232	38	Bagel with Cream Cheese	201	26
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Maryland Meals for Achievement Breakfast

Belgian Waffle w/ Syrup	360	65	Bagel with Cream Cheese	201	26	Banana Bread	371	53	Beef Chorizo & Cheese Sunrise Rollup	171	17	Maryland Made Cinnamon Roll	242	38
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BREAKFAST MENU

WEEK 2

Serving week of 12/09, 12/23

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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

BREAKFAST BITES

Mini Pancakes w/ Syrup	330	66	Mini Strawberry Bagel	240	41	Small Fruit & Yogurt Parfait w/ Granola	467	103	Egg & Cheese Breakfast Croissant Sandwich	311	31	Maryland Made Cinnamon Roll	242	38
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DAILY ALTERNATE CHOICES

Honey Cheerios Cereal	210	44	Blueberry Chex Cereal	240	46	Yogurt & Grahams	232	38	Bagel with Cream Cheese	201	26
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Maryland Meals for Achievement Breakfast

Mini Pancakes w/ Syrup	330	66	Mini Strawberry Bagel	240	41	Strawberry Banana Smoothie & Grahams	130	36	Turkey Ham & Cheese on Hawaiian Bun	186	27	Maryland Made Cinnamon Roll	232	38
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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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