

# What's For Lunch?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
<b>WEEK 1</b>	<b>Choose One Entrée:</b> Wild Mike's Cheese Bites  <b>Vegetable/Fruit/Sides:</b> Marinara Cup Key West Vegetables Farm House Salad Diced Pears, Blueberries Orange Pineapple Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> 100% Beef Hamburger or Cheeseburger w/Bun Crunchy Cod Nuggets w/Bun <b>Vegetable/Fruit/Sides:</b> Crispy Cavendish Fries Bush's Baked Beans Sandwich Fixings, Raw Pickles Apple Slices w/Caramel Dip, Peaches Grape Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Pepperoni Pizza  <b>Vegetable/Fruit/Sides:</b> Sweet Golden Corn Garden Fresh Salad Oranges & Green Apple Wheels Fruit Punch Juice Confetti Cookie w/Meal  Healthy Milk Choices	<b>Choose One Entrée:</b> Roasted Chicken w/Combread Chicken Smacker's w/Combread Farm to Table BBQ Sauce <b>Vegetable/Fruit/Sides:</b> Baked Potato or Sweet Potato Broccoli/Cheese Sauce Sweet Grape Tomato Cup Orange Smiles & Applesauce Fruit Punch Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Beefy Rotini w/Twisted Breadstick <b>Vegetable/Fruit/Sides:</b> Green Beans Fresh Roasted Zucchini & Squash Fresh Veggie Flower Sidekicks Slushie Fruit Sundae Grape Juice  Healthy Milk Choices			
	<b>WEEK 2</b>	<b>Choose One Entrée:</b> Bacon Club Wrap The Ultimate Grilled Cheese <b>Vegetable/Fruit/Sides:</b> Corn on the Cob Garden Fresh Salad Garden Patch Pizza Nacho Doritos Grapes, Mandarin Oranges Fruit Punch Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Sweet & Savory Chicken-N-Waffle  <b>Vegetable/Fruit/Sides:</b> Roasted Baby Bakers Peas and Carrots Fresh Zucchini & Squash Coins Frozen Fruit Cup, Diced Pears Grape Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Penne Pasta & Meat Sauce w/Garlic Toast Mac-N-Cheese w/Garlic Toast <b>Vegetable/Fruit/Sides:</b> Green Beans Classic Caesar Salad Peaches Apple Juice Chocolate Cupcake w/Meal  Healthy Milk Choices	<b>Choose One Entrée:</b> Farm to Table Hot Dawg w/Bun Toast Pulled Pork BBQ Sandwich <b>Vegetable/Fruit/Sides:</b> Crispy Seasoned Wedges Bush's Baked Beans Carrot & Celery Sticks Fresh Orange Slices Applesauce Fruit Punch Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Popcorn Chicken w/Roll Asian Chicken w/Roll <b>Vegetable/Fruit/Sides:</b> Fried Rice Steamed Broccoli Edamame Spinach & Mandarin Orange Salad Pineapple Tidbits Sidekicks Slushie, Apple Juice  Healthy Milk Choices		
		<b>WEEK 3</b>	<b>Choose One Entrée:</b> Big Daddy Pizza  <b>Vegetable/Fruit/Sides:</b> Sweet Golden Corn Maple Cinnamon Glazed Carrots Garden Fresh Salad Diced Pears Blueberries Orange Pineapple Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Eggstravaganza & Sausage Links French Toast Bites  <b>Vegetable/Fruit/Sides:</b> Seasoned Squared Potatoes Sweet Tomato Cup Apple Slices Fresh Grapes Orange Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Crispy "Dill" Chicken Fillet Sandwich <b>Vegetable/Fruit/Sides:</b> Bush's Baked Beans Farm House Salad Sandwich Fixings Flavored Applesauce Orange Smiles Triple Chocolate Cookie w/Meal  Healthy Milk Choices	<b>Choose One Entrée:</b> Grape Jelly with a Counce of Meatballs w/Reporter Roll  <b>Vegetable/Fruit/Sides:</b> Snowy Mashed Potatoes Flint's Broccoli Bake Wind Chill Applesauce Sweet Cloudy Jello with Peaches Slushie Sidekicks Forecast Fruit Punch Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Ravioli Marinara w/Garlic Toast Ham & Cheese Sliders  <b>Vegetable/Fruit/Sides:</b> Italian Blend Vegetables Jicama & Carrot Sticks Frozen Fruit Cup Pineapple Tidbits Grape Juice  Healthy Milk Choices	
			<b>WEEK 4</b>	<b>Choose One Entrée:</b> Personal Pan Pizza  <b>Vegetable/Fruit/Sides:</b> Green Beans Garden Fresh Salad Baby Carrots Grapes, Applesauce Orange Pineapple Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Bite Sized Beef Tacos w/Tostitos <b>Vegetable/Fruit/Sides:</b> Refried Bean Dip Fiesta Vegetable Blend Salsa, Queso Cheese, Lettuce Cup Mini Sweet Peppers Pineapple Tidbits, Flavored Applesauce Fruit Punch Juice Lemonade Sugar Cookie w/Meal  Healthy Milk Choices	<b>Choose One Entrée:</b> Chicken Tenders w/Roll <b>Vegetable/Fruit/Sides:</b> Potato Bake Farm House Salad Spiced Baked Apples Blooming Berries Fruit Punch Juice Miximi Frozen Yogurt Cup (Vanilla or Chocolate)  Healthy Milk Choices	<b>Choose One Entrée:</b> Carnival Corndog <b>Vegetable/Fruit/Sides:</b> Cavendish Fries Raw Pickles Spinach and Cranberry Salad Fresh Apple Slices Mixed Fruit Cup Grape Juice  Healthy Milk Choices	<b>Choose One Entrée:</b> Oven Toasted French Roll Sandwich <b>Vegetable/Fruit/Sides:</b> Farm to Table Broccoli Cheese Soup Fresh Roasted Butternut Squash Veggie Nibblers Sweet Strawberries w/Chocolate Fluff Peaches Apple Juice  Healthy Milk Choices

## Montgomery County Schools School Nutrition Program

Lunch Prices	Daily	Weekly	2 Weeks
Students	No Cost		
Milk	.50		

• Additional food items may be purchased on an à la carte basis.

School lunches are planned to provide 1/3 of the recommended dietary allowances for school-age children. Menus are planned to include a variety of choices and changes have been made in food specifications and preparation to lower sodium, fat, and sugar in school meals.

Menu subject to change without notice due to availability.

Offer vs. Serve is implemented in all schools:  
**Lunch:** Choose 3...No Less!  
 Choose 4...That's More!  
 Choose 5...That's Best!



**Breakfast:** Choose 3 or 4...So you won't snore!

Elementary students are encouraged to select a complete lunch; however, under the "Offer vs. Serve" regulation, they are allowed to select three, four, or five items. Menus are planned to include a variety of choices and changes have been made in food specifications and preparations to lower sodium, fat, and sugar in school meals.

Breakfast and Lunch Grab-N-Go's available daily.



AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
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