



Montgomery County High Schools

Week of October 5–9th

Nutrition information can be found on the Nutrislice App or <https://mcps.nutrislice.com/>

ADVENTURE



Daily Specials

Vegan Chick'n Nuggets available to replace chicken Options

M: Sweet & Sour chicken w/ Lo Mein & Roasted Broccoli

T: Queso Chicken Mac w/ Breadstick

W: **Featured Recipe:** Shoyu Chicken Potsticker Soup Served w/ Sesame Roasted Carrots

TH: Baked Ziti with Garlic Knot w/ Parmesan Green Beans

F: No School

GRILL



Daily Specials

Cheeseburger, Chicken Patty Sandwich, Veggie Burger (vegetarian), & French Fries served daily

M: Philly Cheesesteak

T: Pork Steak w/ Mashed Potatoes and Roll

W: BBQ Pulled Chicken Sandwich

TH: Chicken Tenders w/ Roll

F: No School

PIZZA



Daily Specials

Cheese or Pepperoni Pizza

M: Sausage Pizza

T: Buffalo Chicken Pizza

W: Mozzarella Stuffed Breadsticks w/ Marinara Sauce

TH: Hot Honey Pepperoni Pizza

F: No School

FAST TAKES



Daily Specials

Available Daily: Sunbutter & Jelly Sandwich (Vegan) or Hummus & Veggie Wrap (Vegan)

M: Chicken Caesar Salad

T: Double Berry Parfait w/ Granola

W: Pretzel Bento Box

TH: Turkey & Cheese Sub

F: No School

EXTRAS



A hearty garden bar, fresh fruits and a variety of vegetables and sides are offered daily. We hope to inspire and encourage all students to make healthy choices regularly.



This institution is an equal opportunity provider. Additional nutrition information available upon request.



Montgomery County High Schools

Week of October 12-16th

Nutrition information can be found on the Nutrislice App or <https://mcps.nutrislice.com/>

National School Lunch Week!

ADVENTURE



Daily Specials

Vegan Chick'n Nuggets available to replace chicken Options

- M:** Drumstick w/ Biscuit, Gravy and Mashed Potatoes
- T:** Chicken & Waffles served with Apple Glazed Carrots
- W:** Chicken Tenders w/ Garlic Knot and Collard Greens
- TH:** Popcorn chicken Bowl served w/ Mashed Potatoes, Low Country Green Beans, Biscuit & Gravy
- F:** BBQ Boneless Wings w/ Breadstick and Baked beans

GRILL



Daily Specials

Cheeseburger, Chicken Patty Sandwich, Veggie Burger (vegetarian), & French Fries served daily

- M:** BBQ Pulled Chicken Sandwich
- T:** Fish Nuggets
- W:** Greek Chicken Shawarma Flatbread
- TH:** **Cajun Chicken Po' Boy Sub**
- F:** Bacon Cheeseburger

PIZZA



Daily Specials

Cheese or Pepperoni Pizza

- M:** Sausage Pizza
- T:** Buffalo Chicken Pizza
- W:** **Featured Recipe:** Nashville Hot Pizza
- TH:** Hot Honey Pepperoni Pizza
- F:** Meatlovers Pizza

FAST TAKES



Daily Specials

Available Daily: Sunbutter & Jelly Sandwich (Vegan) or Hummus & Veggie Wrap (Vegan)

- M:** Turkey & Cheese Sub
- T:** Chicken Casear Wrap
- W:** Fiesta Salad w/ Breadstick
- TH:** Hummus Wrap
- F:** Ham & Cheese Sub

EXTRAS

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Montgomery County High Schools

Week of October 19–23rd

Nutrition information can be found on the Nutrislice App or <https://mcps.nutrislice.com/>

ADVENTURE



Daily Specials

Vegan Chick'n Nuggets available to replace chicken Options

- M:** Beef or Chicken Burrito Bowl w/ Mixed Greens
- T:** Beef or Chicken Burrito w/ Mexican Zucchini
- W:** Enchiladas served w/ Mexican Sweet Potatoes
- TH:** Pulled Chicken Quesadilla w/ Refried beans
- F:** Chicken or Beef Tacos w/ Steamed Corn

GRILL



Daily Specials

Cheeseburger, Chicken Patty Sandwich, Veggie Burger (vegetarian), & French Fries served daily

- M:** Grilled Cheese
- T:** Hot Dog on a Bun
- W:** Stuffed BBQ Chicken Sandwich
- TH:** Crispy Chicken Pimento Sandwich
- F:** Bacon Cheeseburger

PIZZA



Daily Specials

Cheese or Pepperoni Pizza

- M:** Sausage Pizza
- T:** Buffalo Chicken Pizza
- W:** Cheese or Pepperoni Calzone
- TH:** Hot Honey Pepperoni Pizza
- F:** Meatlovers Pizza

FAST TAKES



Daily Specials

Available Daily: Sunbutter & Jelly Sandwich (Vegan) or Hummus & Veggie Wrap (Vegan)

- M:** Turkey & Cheese Sub
- T:** Crispy Chicken Wrap
- W:** Chef Salad w/ Breadstick
- TH:** Fiesta Dip Box
- F:** Pretzel Box

EXTRAS



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Montgomery County High Schools

Week of October 26–30th

Nutrition information can be found on the Nutrislice App or <https://mcps.nutrislice.com/>

Happy Halloween!

ADVENTURE TATER TEMPTATIONS

Daily Specials

Vegan Chick'n Nuggets available to replace chicken Options

- M:** Pork Steak, Mashed Potatoes w/ Gravy & Roll
- T:** Popcorn Chicken Bowl w/ Mashed Potatoes, Gravy, Corn, Green beans and Breadstick
- W:** Country Fried Pork Steak w/ Biscuit, Gravy, & Mashed Potatoes
- TH:** Baked Potato Bar w/ Biscuit
- F:** French Toast Sticks w/ Sausage and Sweet Potato Fries

GRILL



Daily Specials

Cheeseburger, Chicken Patty Sandwich, Veggie Burger (vegetarian), & French Fries served daily

- M:** Grilled Ham & Cheese Sandwich
- T:** "Mummy" Dog
- W:** BBQ Pulled Chicken Sandwich
- TH:** BBQ Bonesless Wings w/ Roll
- F:** Bacon Cheeseburger

PIZZA



Daily Specials

Cheese or Pepperoni Pizza

- M:** Sausage Pizza
- T:** Buffalo Chicken Pizza
- W:** Pepperoni Stuffed Sandwich
- TH:** Hot Honey Pepperoni Pizza
- F:** Meatlovers Pizza

FAST TAKES



Daily Specials

Available Daily: Sunbutter & Jelly Sandwich (Vegan) or Hummus & Veggie Wrap (Vegan)

- M:** Hearty Garden Salad w/ Breadstick
- T:** American Combo Sub
- W:** Chicken Caesar Wrap
- TH:** Strawberry Banana Vampire Parfait w/ Granola
- F:** Sweet Thai Chili Chicken Wrap

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