

MCPS Middle School Lunch

Week of October 5–9th



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options



**PLANT-BASED, VEGETARIAN,
NATURAL & MORE... ALL THE
INGREDIENTS YOU LOVE!**

M	Chicken Tenders or Nuggets w/ Garlic Knot & French Fries
T	National Taco Day! Beef & Cheese Soft tacos w/ Mexican Sweet Potatoes
W	Macaroni & Cheese served with Roasted Broccoli
TH	Chicken Alfredo Pasta w/ Garlic Knot & Summer Squash
F	No School

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A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

Served Daily: Cheese Pizza, Chicken Patty Sandwich & French Fries

TUES

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

M	Meatlovers Pizza
T	Popcorn Chicken Bowl w/ Mashed Potatoes, Gravy and Roll
W	Mozzarella Stuffed Breadsticks with Marinara
TH	BBQ Pulled Chicken Sandwich
F	No School

WED

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

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

THURS

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

M	Protein Bento Box
T	Chicken Caesar Salad w/ Breadstick
W	Turkey & Cheese Sub
TH	Blueberry Patch Parfait w/ Granola
F	No School

FRI

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

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

MCPS Middle School Lunch

Week of October 12-16th

National School Lunch Week!



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options



**PLANT-BASED, VEGETARIAN,
NATURAL & MORE... ALL THE
INGREDIENTS YOU LOVE!**

- M** Pulled Pork Totchos or Nachos served w/ Baked Beans
- T** Chicken Drumstick w/ Mashed Potatoes, Gravy & a Biscuit
- W** Taco Quesadilla w/ Mexican Zucchini
- TH** Sweet & Sour Chicken w/ Chicken Egg Roll & Roasted Broccoli
- F** **Featured Recipe:** Shoyu Chicken Potsticker Soup with Corn

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A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

Served Daily: Cheese Pizza, Chicken Patty Sandwich &
French Fries

TUES

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

- M** Supreme Pizza
- T** Crispy Pimento Chicken Sandwich
- W** Hot Honey Pepperoni Pizza
- TH** Fish sandwich
- F** Meatlovers Pizza

WED

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

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

THURS

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

- M** Ham & Cheese Sub
- T** Chicken Caesar Wrap
- W** Fiesta Salad w/ Breadstick
- TH** Strawberry Banana Parfait
- F** Deli Bento Box

FRI

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

Nutrition information can be
found on the Nutrislice App or
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MCPS Middle School Lunch

Week of October 19–23rd



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options



**PLANT-BASED, VEGETARIAN,
NATURAL & MORE... ALL THE
INGREDIENTS YOU LOVE!**

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|----|---|
| M | Beef or Chicken Nachos w/ Black Beans |
| T | Teriyaki Chicken w/ Brown Rice & Soy Roasted Potatoes |
| W | Popcorn Chicken Bowl w/ Mashed Potatoes, Corn and Gravy |
| TH | Chicken Tenders w/ Roll and Roasted Broccoli |
| F | French Toast Sticks w/ Sausage Patties & Sweet Potatoes Fries |

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A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

Served Daily: Cheese Pizza, Chicken Patty Sandwich & French Fries

TUES

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

- | | |
|----|---|
| M | Sausage Pizza |
| T | Grilled Cheese Sandwich |
| W | Buffalo Chicken Pizza |
| TH | Mozzarella Stuffed Breadstick w/ Marinara |
| F | Cajun Chicken Po' Boy Sub |

WED

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

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

THURS

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

- | | |
|----|---|
| M | Turkey & Cheese Sub |
| T | Chef Salad w/ Breadstick |
| W | Crispy Chicken Wrap |
| TH | Strawberry Fields Yogurt Parfait w/ Granola |
| F | Fiesta Dip - Fiesta dip, refried beans, salsa, sour cream, olives, and tortilla chips |

FRI

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

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MCPS Middle School Lunch

Week of October 26–30th

Happy Halloween!



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options



PLANT-BASED, VEGETARIAN,
NATURAL & MORE... ALL THE
INGREDIENTS YOU LOVE!

- M** 3 Cheese **Ghost** Grilled Cheese sandwich w/ Sweet Potatoes Fries
- T** Popcorn Chicken w/ Roll & Low Country Green Beans
- W** Tinga Chicken Tacos w/ Black Beans
- TH** Country Fried Pork Steak w/ a Biscuit, Mashed Potatoes & Gravy
- F** Egg Roll served w/ Fried Rice & Roasted Broccoli

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A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

Served Daily: Cheese Pizza, Chicken Patty Sandwich &
French Fries

TUES

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

- M** **Pepperoni Stuffed Sandwich**
- T** BBQ Pulled Chicken Sandwich
- W** Meatlovers Pizza
- TH** Crispy Chicken Pimento Sandwich
- F** Mozzarella Stuffed Breadsticks w/ Marinara Sauce

WED

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

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

THURS

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

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

FRI

A Variety of Fresh, Frozen,
or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

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<https://mcps.nutrislice.com/>