

MCPS Middle School Lunch

Week of November 2 – 6th



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options



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

M	Pancakes & Sausage w/ Tater Tots
T	No School
W	Cheese or Pepperoni Calzone w/ Roasted Chickpeas
TH	Beef or Chicken Burrito w/ Mexican Sweet Potatoes
F	Buffalo Chicken Flatbread Pizza w/ Roasted Broccoli

mon

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



Daily Specials:

Served Daily: Cheese Pizza, Cheeseburger & French Fries

TUES

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

M	Buffalo Chicken Pizza
T	No School
W	Supreme Pizza
TH	Chicken Drumstick w/ Biscuit
F	Hot Honey Pepperoni 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	Italian Combo Sub
T	No School
W	Crispy Chicken Salad w/ Breadstick
TH	Double Berry Yogurt Parfait w/ Granola
F	Hummus Box

FRI

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

DISH IT OUT!

Your feedback
is the
main course!



Your Feedback Matters!

Please take a minute to provide your feedback
about school meals. We want
to hear from you.

Take our Survey Here!

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at schools

Nutrition information can be
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<https://mcps.nutrislice.com/>

MCPS Middle School Lunch

Week of November 9 – 13th



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options

- M** Chicken Tenders or Nuggets w/ Garlic Knot & French Fries
- T** Beef & Cheese Soft Tacos w/ Mexican Sweet Potatoes
- W** Macaroni & Cheese served with Roasted Broccoli
- TH** Pumpkin Penne Alfredo w/ Summer Squash
- F** **Featured Recipe:** Shoyu Chicken Potsticker Soup with Corn



Daily Specials:

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

- M** Meatlovers Pizza
- T** Bacon Cheeseburger
- W** Mozzarella Stuffed Breadsticks with Marinara
- TH** BBQ Pulled Chicken Sandwich
- F** Buffalo Chicken Pizza



Daily Specials:

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

- M** Protein Bento Box
- T** Chicken Caesar Salad w/ Breadstick
- W** Turkey & Cheese Sub
- TH** Blueberry Patch Parfait w/ Granola
- F** Jalapeno Lime Chicken Wrap



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Vegetables Served Daily
Low-Fat Milk served Daily

TUES

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

WED

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

THURS

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

FRI

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Vegetables Served Daily
Low-Fat Milk served Daily

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MCPS Middle School Lunch

Week of November 16 – 20th



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options

- M** Beef or Chicken Burrito Bowls w/ Pinto Beans
- T** Chicken Drumstick w/ Mashed Potatoes, Gravy & a Biscuit
- W** Taco Quesadilla w/ Mexican Zucchini
- TH** Roasted Turkey Dinner w/ Stuffing, Mashed Potatoes, Green Beans Gravy & Roll w/ Baked Apples
- F** Chicken & Waffles w/ Apple Glazed Carrots



Daily Specials:

Served Daily: Cheese Pizza, Cheeseburger & French Fries

- M** Supreme Pizza
- T** Crispy Pimento Chicken Sandwich
- W** Hot Honey Pepperoni Pizza
- TH** Chicken Chunks w/ Roll
- F** Meatlovers Pizza



Daily Specials:

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

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



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Vegetables Served Daily
Low-Fat Milk served Daily

TUES

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or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

WED

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

THURS

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

FRI

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Vegetables Served Daily
Low-Fat Milk served Daily

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MCPS Middle School Lunch

Week of November 23–27th

Happy Thanksgiving!



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options

M	Beef or Chicken Nachos w/ Black Beans
T	Teriyaki Chicken w/ Brown Rice & Soy Roasted Potatoes
W	No School
TH	Thanksgiving!
F	No School



Daily Specials:

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

M	Sausage Pizza
T	Mozzarella Stuffed Cheese Stick w/ Marinara
W	No School
TH	Thanksgiving!
F	No School



Daily Specials:

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

M	Turkey & Cheese Sub
T	Chef Salad w/ Breadstick
W	No School
TH	Thanksgiving!
F	No School



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Low-Fat Milk served Daily

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or Canned Fruits &
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THURS

A Variety of Fresh, Frozen,
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FRI

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MCPS Middle School Lunch

Week of November 30th – December 4th



Daily Specials:

Vegan Chick'n Nuggets available to replace chicken options

- M** 3 Cheese Grilled Cheese sandwich w/ Sweet Potatoes Fries
- T** Popcorn Chicken w/ Roll & Low Country Green Beans
- W** **Featured Recipe:** Shoyu Chicken Potsticker Soup with Corn
- TH** Country Fried Pork Steak w/ a Biscuit, Mashed Potatoes & Gravy
- F** Chicken Egg Rolls (2) served w/ Fried Rice & Roasted Broccoli



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Vegetables Served Daily
Low-Fat Milk served Daily



Daily Specials:

Served Daily: Cheese Pizza, Cheeseburger & French Fries

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

TUES

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

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)

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

THURS

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or Canned Fruits &
Vegetables Served Daily
Low-Fat Milk served Daily

FRI

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