

# MCPS Middle School Lunch

November 4 – November 8



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

## mon

A Variety of Fresh, Frozen,  
or Canned Fruits &  
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

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

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



## DAILY SPECIALS

M	French Toast Sticks with Scrambled Egg or Sausage Patty & Tater Tots
T	NO SCHOOL
W	Cheese or Pepperoni Calzone w/ Roasted Chickpeas
TH	Bean & Cheese or Beef & Cheese Burrito w/ Mexican Sweet Potatoes
F	Pesto Chicken Flatbread Pizza or Grecian Flatbread Pizza w/ Roasted Broccoli



## DAILY SPECIALS

Cheese Pizza and Crispy Chicken Sandwich Served Daily

M	Mozzarella Stuffed Breadsticks w/ Marinara
T	NO SCHOOL
W	Big City Bites: Nashville Hot Chicken Sandwich
TH	Cheeseburger
F	Pepperoni Pizza



## DAILY SPECIALS

M	Crispy Chicken Salad w/ Breadstick
T	NO SCHOOL
W	Buffalo Chicken Wrap
TH	Hummus Flatbread Bento Box
F	Double Berry Parfait

# MCPS Middle School Lunch

November 11 - November 15



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

## mon

A Variety of Fresh, Frozen,  
or Canned Fruits &  
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

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

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opportunity provider.  
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available upon request.*



## DAILY SPECIALS

M	Chicken Nuggets w/ Garlic Knot and French Fries
T	Bean & Cheese Enchilada or Enchilada Suiza (Chicken Enchilada) w/ Mexican Sweet Potatoes
W	Macaroni & Cheese w/ Broccoli
TH	Spaghetti & Meatballs w/ Summer Squash
F	Orange Chicken w/ Brown Rice and Edamame



## DAILY SPECIALS

Cheese Pizza and Crispy Chicken Sandwich Served Daily

M	Meatlovers Pizza
T	Cheeseburger
W	Italian Sausage Pizza
TH	Rib B Q Sandwich
F	Pepperoni Pizza



## DAILY SPECIALS

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

# MCPS Middle School Lunch

November 18 – November 22



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

## mon

A Variety of Fresh, Frozen,  
or Canned Fruits &  
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

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

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opportunity provider.  
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## DAILY SPECIALS

Thanksgiving Special Friday 11/22

M	Pulled Pork Totchos w/ Breadstick and Baked Beans
T	Country Fried Pork Steak w/ Biscuit and Mashed Potatoes
W	Turkey Al Pastor Tacos w/ Cilantro Lime Brown Rice and Roasted Broccoli
TH	Chicken & Waffles w/ Apple Glazed Carrots
F	Roasted Turkey w/ Gravy, Traditional Stuffing, Roll, served w/ Green Beans & Mashed Potatoes



## DAILY SPECIALS

Cheese Pizza and Crispy Chicken Sandwich Served Daily

M	Supreme Pizza
T	Mushroom Swiss Beef or Veggie Burger
W	Big City Bites: Nashville Hot Chicken Sandwich
TH	Fish Sandwich
F	Meatlovers Pizza



## DAILY SPECIALS

M	Chef Salad w/ Breadstick
T	Strawberry Banana Parfait
W	Hummus Flatbread Bento Box
TH	Turkey & Cheese Sub
F	Chicken Caesar Wrap



# MCPS Middle School Lunch

November 25 – November 29



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

## mon

A Variety of Fresh, Frozen,  
or Canned Fruits &  
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

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

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available upon request.*



## DAILY SPECIALS

M	Spaghetti & Meatballs w/ Roasted Broccoli
T	Popcorn Chicken Bowl w/ Mashed Potatoes served w/ Biscuit and Low Country Green Beans
W	NO SCHOOL
TH	NO SCHOOL - HAPPY THANKSGIVING!
F	NO SCHOOL



## DAILY SPECIALS

Cheese Pizza and Crispy Chicken Sandwich Served Daily

M	Pepperoni Pizza
T	Spicy Chicken Sandwich
W	NO SCHOOL
TH	NO SCHOOL
F	NO SCHOOL



## DAILY SPECIALS

M	Fiesta Dip Box
T	Hearty Garden Salad w/ Breadstick
W	NO SCHOOL
TH	NO SCHOOL
F	NO SCHOOL