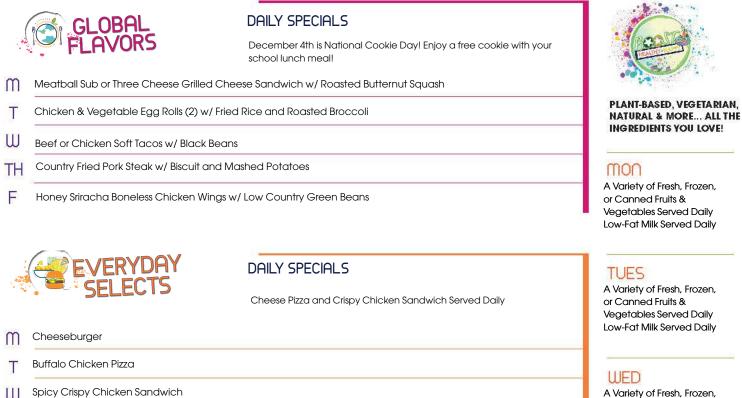
MCPS Middle School Lunch

December 2nd - December 6th







DAILY SPECIALS

Hearty Garden Vegetable Salad w/ Breadstick m American Combo Sub Т Chicken Caesar Wrap 111 Chef Salad w/ Breadstick TH F Strawberry Banana Parfait

THURS

or Canned Fruits & Vegetables Served Daily

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



- Spicy Crispy Chicken Sandwich 111
- Meatlovers Pizza TH
- Hot Dog F

MCPS Middle School Lunch

December 9th - December 13th





DAILY SPECIALS

m	French Toast Sticks w/ Turkey Sausage and Tater Tots
Т	General Tso Chicken or Chicken Dumplings (6) w/ Fried Rice & Spicy Asian Vegetables
W	Cheese or Pepperoni French Bread Pizza w/ Roasted Chickpeas
TH	Bean & Cheese or Beef & Cheese Burrito w/ Mexican Sweet Potatoes
F	Chicken Bacon Ranch Flatbread or Grecian Style Flatbread w/ Roasted Broccoli



DAILY SPECIALS

Cheese Pizza and Crispy Chicken Sandwich Served Daily

- Buffalo Chicken Pizza
- T Fish Sandwich
- Big City Bites: Philly Chicken Cheesesteak
- TH Spicy Crispy Chicken Sandwich
- Pepperoni Pizza



DAILY SPECIALS

Crispy Chicken Salad w/ Breadstick
T Buffalo Chicken Wrap
Italian Combo Sub
TH Double Berry Parfait
F Chef Salad w/ Breadstick



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.



MCPS Middle School Lunch

December 16th - December 20th





DAILY SPECIALS

Chicken Tenders w/ Garlic Knot and Crinkle Cut French Fries
Eean & Cheese Enchilada or Enchilada Suiza (Chicken Enchilada) w/ Mexican Sweet Potatoes
Macaroni & Cheese w/ Roasted Broccoli
Spaghetti & Meatballs w/ Roasted Squash
Orange Chicken w/ Fried Rice and Edamame



DAILY SPECIALS

Cheese Pizza and Crispy Chicken Sandwich Served Daily

- Meatlovers Pizza
- T Corn Dog Nuggets
- III Italian Sausage Pizza
- TH Spicy Crispy Chicken Sandwich
- F Pepperoni Pizza



DAILY SPECIALS

m	Crispy Chicken Wrap
Т	Chef Salad w/ Breadstick
W	Turkey & Cheese Sub
TH	Blueberry Patch Parfait
F	Chicken Caesar Salad w/ Breadstick



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.

