

# MCPS Middle School Lunch

December 2nd - December 6th



**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

December 4th is National Cookie Day! Enjoy a free cookie with your school lunch meal!

M	Meatball Sub or Three Cheese Grilled Cheese Sandwich w/ Roasted Butternut Squash
T	Chicken & Vegetable Egg Rolls (2) w/ Fried Rice and Roasted Broccoli
W	Beef or Chicken Soft Tacos w/ Black Beans
TH	Country Fried Pork Steak w/ Biscuit and Mashed Potatoes
F	Honey Sriracha Boneless Chicken Wings w/ Low Country Green Beans



## DAILY SPECIALS

Cheese Pizza and Crispy Chicken Sandwich Served Daily

M	Cheeseburger
T	Buffalo Chicken Pizza
W	Spicy Crispy Chicken Sandwich
TH	Meatlovers Pizza
F	Hot Dog



## DAILY SPECIALS

M	Hearty Garden Vegetable Salad w/ Breadstick
T	American Combo Sub
W	Chicken Caesar Wrap
TH	Chef Salad w/ Breadstick
F	Strawberry Banana Parfait

# MCPS Middle School Lunch

December 9th – December 13th



**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	French Toast Sticks w/ Turkey Sausage and Tater Tots
T	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

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



## DAILY SPECIALS

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

# MCPS Middle School Lunch

December 16th - December 20th



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



## DAILY SPECIALS

Cheese Pizza and Crispy Chicken Sandwich Served Daily

M	Meatlovers Pizza
T	Corn Dog Nuggets
W	Italian Sausage Pizza
TH	Spicy Crispy Chicken Sandwich
F	Pepperoni Pizza



## DAILY SPECIALS

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