

# SECONDARY CAFE A LA CARTE

## FAVORITES A LA CARTE

CAL			
310-350	WG Cheese <sup>^</sup> or Pepperoni <sup>+</sup> Pizza		\$2.80
288	Cheeseburger <sup>~</sup> on WG Bun		\$1.80
270	Hamburger <sup>~</sup> on WG Bun		\$1.55
400	WG Chicken Patty <sup>+</sup> Sandwich on WG Bun		\$2.30
259	WG Chicken Nuggets <sup>+</sup>		\$2.30
237-250	Spicy or WG Chicken Bites <sup>+</sup>		\$2.30

## BEVERAGES A LA CARTE

CAL			
	<b>100% Fruit Juice</b>		
▼	Naked <sup>®</sup> Juice 10 oz.		\$3.00
▼	8 oz.		\$1.25
▼	6 oz.		75¢
▼	4 oz.		50¢

### Waters

0	16 oz.		\$1.00
0	8 oz.		50¢

CAL			
	<b>Milk</b>		
80-120	Fat-Free White	8 oz.	60¢
	Fat-Free Flavored	8 oz.	60¢
	1% White	8 oz.	60¢
145	Soy Milk	8 oz.	\$1.00

### SYMBOLS

~ Beef  
^ Meatless  
P Peanuts  
\* Pork  
+ Poultry

▼ Vegan  
WG= Whole Grain

▼ See nutrition label on  
individually wrapped product.

## SNACKS A LA CARTE

CAL			
▼	WG Cereal Bar		75¢
▼	WG Chips/Popcorn		75¢
191-195	WG Cookie		50¢
100	WG Crackers		50¢
110	Craisins <sup>®</sup> /Raisins		50¢
60-90	Fresh Fruit		75¢
50-80	Fruit Cup		50¢
▼	Fruit Snacks		\$1.00
239-260	Fruit & Yogurt Parfait (small)		\$1.25
▼	Ice Cream		75¢
90	Pear/Apple Sauce		50¢
74-140	Potatoes		75¢
120	Pudding, Fat Free		75¢
80	SideKicks <sup>®</sup> 100% Fruit Juice		75¢
140	WG Soft Pretzel		50¢
60	Sorbet, 100% Fruit Juice		75¢
80	String Cheese		25¢
13-109	Vegetables		50¢
▼	Yogurt (4 oz.)		75¢
▼	Yogurt (8 oz.)		\$1.25

Nutrient & Allergen Information

<http://www.montgomeryschoolsmd.org/departments/foodserv/menus/allergen.aspx>

Menu subject to change.

Effective August 31, 2015



DIVISION FOOD & NUTRITION SERVICES  
MONTGOMERY COUNTY PUBLIC SCHOOLS