

Montgomery County Public Schools

# Smith Center Menu

<b>BREAKFAST</b>		
<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
Group Arrival	Turkey Ham & Cheese on WG Croissant Egg Patty & Cheese on WG Bun Assorted Fresh Fruit Juice (4 oz. Apple) or (4 oz. Orange) Milk (1% or Fat Free), Fat Free Chocolate  Vegetarian: WG Cereal	French Toast & Syrup Sausage Patty Assorted Fresh Fruit Juice (4 oz. Apple) or (4 oz. Orange) Milk (1% or Fat Free), Fat Free Chocolate  Vegetarian: WG Cereal
<b>LUNCH</b>		
<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
Students arrive & bring their lunches	Hamburger on Bun (Sept-Nov. & Apr June) Hot Dog on Bun (Sept-Nov. & Apr.-June) Lettuce/Sliced Tomato Soup & WG Grilled Cheese Sandwich (Dec-March) Baked Fries Assorted Fresh Fruit Milk (1% or Fat Free), Fat Free Chocolate  Vegetarian: WG Grilled Cheese Sandwich	WG Pizza, Pepperoni or Cheese Assorted Fresh Fruit Milk (1% or Fat Free), Fat Free Chocolate
<b>DINNER</b>		
<b>DAY 1</b>	<b>DAY 2</b>	<b>SNACK Both Days</b>
Chicken WG Drumstick w/ BBQ Dipping Sauce Mashed Potatoes & Gravy Veggie Bar WG Dinner Roll Milk (1% or Fat Free), Fat Free Chocolate Milk Vegetarian: WG Cheese Crunchers w/ Marinara Sauce	Spaghetti w/ Meatballs Veggie Bar WG Flatbread Parmesan Cheese Milk (1% or Fat Free), Fat Free Chocolate  Vegetarian: Spaghetti w/ Meatless Marinara Sauce	WG Cookies: Sugar, Chocolate Chip, Double Chocolate, Oatmeal Raisin Milk (1% or Fat Free), Fat Free Chocolate
<b>LUNCH &amp; DINNER VEGGIE BAR</b>		
Baby Carrots Baby Spinach Kidney Beans Chickpeas	Chopped Romaine Grape Tomatoes Ranch, Salsa Ranch & Caesar Dressings Onions	Broccoli Cucumbers Cauliflower Peppers