



Fort Meade Middle

Lunch · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- **Ranchero Pizza** 332 cal
 - Cheese Pizza 310 cal
 - Turkey Pepperoni Pizza 310 cal
 - Buffalo Chicken Pizza 367 cal
 - Supreme Pizza 321 cal
 - Breaded Chicken Caesar Salad 180 cal
 - Peanut Butter Cup 130 cal
 - String Cheese, Mozzarella 130 cal
 - Belly Bear Grahams 130 cal
 - WG Mini Flatbread 130 cal
 - Cucumber Coins 130 cal
 - Red Apple Slices 130 cal
 - Turkey and Cheese Croissant H 347 cal

- 6**
- **Chicken and Waffles** 314 cal
 - Club Sandwich-E/M 223 cal
 - Baked Beans 28 cal
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal
 - Chicken and Waffles HS/Adult 356 cal
 - Club Sub 100 cal
 - Cheddar Goldfish 100 cal
 - Crackers 100 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Oatmeal Chocolate Chip Bar 140 cal
 - String Cheese, Mozzarella 100 cal

- 7**
- **Orange Chicken** 150 cal
 - General Tao Chicken 170 cal
 - Rice 108 cal
 - Fortune Cookie 185 cal
 - Pizza Salad 90 cal
 - Pretzel Goldfish Crackers 120 cal
 - Cinnamon Granola 130 cal
 - Chocolate Granola 130 cal
 - String Cheese, Mozzarella 244 cal
 - Fruit & Yogurt Parfait 244 cal
 - Broccoli 355 cal
 - Fresh Veggie Blend #2 355 cal
 - Red Apple Slices 355 cal
 - Italian Wrap 355 cal

- 8**
- **Meatball Marinara Middle** 124 cal
 - Rotini Pasta 80 cal
 - Hot Rolls 80 cal
 - PBJ Uncrustable 300 cal
 - Grape 300 cal
 - Buffalo Chicken Chopped Salad 203 cal
 - Roasted Zucchini 20 cal
 - House Side Salad 67 cal
 - Applesauce: All Flavors 50 cal
 - Meatball Marinara High School 187 cal
 - PBJ Uncrustable 80 cal
 - Jack Link's Jerky 160 cal
 - Banana Mini Muffin Loaf 90 cal
 - Pretzel Goldfish Crackers 90 cal

- 9**
- **Turkey BLT** 395 cal
 - Veggie Salad 300 cal
 - Focaccia Flatbread 40 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese 32 cal
 - Turkey Pepperoni Slices 160 cal
 - Sweet Potato Fries 160 cal
 - Fresh Veggie Blend #3 519 cal
 - Frozen Juice Cup 365 cal
 - Chicken Tender Sub 365 cal
 - Turkey BLT Wrap 365 cal

- 12**
- **Meat Lover's Rolled Stromboli** 310 cal
 - Garlic French Bread Pizza 356 cal
 - Dave's Detroit Style Pizza 360 cal
 - Chicken Caesar Salad 151 cal
 - Peanut Butter Cup 100 cal
 - String Cheese, Mozzarella 100 cal
 - WG Mini Flatbread 130 cal
 - Belly Bear Grahams 130 cal
 - Green Beans 130 cal
 - Fresh Veggie Blend #2 88 cal
 - Red Apple Slices 88 cal
 - Carnival Cloud Fruit Salad 88 cal
 - Turkey and Cheese Croissant H 347 cal

- 13**
- **Circus BBQ Pulled Pork** 407 cal
 - Cookie 347 cal
 - Turkey and Cheese Croissant E/M 223 cal
 - Chef Salad 223 cal
 - California Blend 15 cal
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal
 - Turkey Ham & Cheese Brioche Sandwich 345 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese 32 cal
 - Turkey Pepperoni Slices 300 cal
 - Focaccia Flatbread 300 cal

- 14**
- **Aerobit Alfredo** 287 cal
 - Penne Pasta 180 cal
 - Garlic Knot 300 cal
 - PBJ Uncrustable 300 cal
 - Grape 325 cal
 - Chicken Taco Salad 27 cal
 - Parmesan Roasted Broccoli 67 cal
 - House Side Salad 67 cal
 - Apple Slices 100 cal
 - PBJ Uncrustable 100 cal
 - Cheddar Goldfish Crackers 100 cal
 - Cool Cow Strawberry Banana Smoothie 164 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Oatmeal Chocolate Chip Bar 140 cal
 - String Cheese, Mozzarella 140 cal

- 15**
- **Smashburger** 305 cal
 - Fruit Salad 300 cal
 - Focaccia Flatbread 40 cal
 - Marinara Dip Cup 40 cal
 - Turkey Pepperoni Slices 32 cal
 - Shredded Mozzarella Cheese 150 cal
 - French Fries 180 cal
 - Whole Grain Onion Rings 13 cal
 - Romaine and Tomato 13 cal
 - Applesauce 12 cal
 - Rainbow Johnny Pops 350 cal
 - Buffalo Chicken Wrap 160 cal
 - Banana Mini Muffin Loaf 80 cal
 - Jack Link's Jerky 90 cal
 - Pretzel Goldfish Crackers 90 cal

No menu published

- 19**
- **Cheese Pizza** 310 cal
 - Ranchero Pizza 332 cal
 - Turkey Pepperoni Pizza 310 cal
 - Buffalo Chicken Pizza 367 cal
 - Supreme Pizza 321 cal
 - Breaded Chicken Caesar Salad 180 cal
 - Peanut Butter Cup 130 cal
 - String Cheese, Mozzarella 130 cal
 - Belly Bear Grahams 130 cal
 - WG Mini Flatbread 130 cal
 - Broccoli 130 cal
 - Fresh Veggie Blend #2 130 cal
 - Red Apple Slices 130 cal
 - Mini Cheese Calzones 40 cal
 - Marinara Dip Cup 40 cal
 - Turkey and Cheese Croissant H 347 cal

- 20**
- **Boneless Chicken Wings** 350 cal
 - Hot Rolls 90 cal
 - Turkey Ham & Cheese Brioche Sandwich 345 cal
 - Chef Salad 223 cal
 - Garden Salad 15 cal
 - Baked Beans 28 cal
 - Applesauce: All Flavors 50 cal
 - Club Sub 356 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - String Cheese, Mozzarella 100 cal
 - Cheddar Goldfish Crackers 140 cal
 - Oatmeal Chocolate Chip Bar 90 cal
 - Curly Fries 90 cal

- 21**
- **Mini Chicken Corn Dogs** 260 cal
 - Honey Pork BBQ Sandwich 410 cal
 - Pizza Salad 185 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - String Cheese, Mozzarella 100 cal
 - Cheddar Goldfish Crackers 140 cal
 - Oatmeal Chocolate Chip Bar 140 cal
 - Cucumber Coins 140 cal
 - Corn 140 cal
 - Red Apple Slices 355 cal
 - Italian Wrap 355 cal
 - Chocolate Granola 130 cal
 - Cinnamon Granola 120 cal
 - Fruit & Yogurt Parfait 244 cal
 - Pretzel Goldfish Crackers 90 cal
 - Baked Beans 28 cal

- 22**
- **Chicken Taco Meat** 130 cal
 - Rice 108 cal
 - Celebration Cookie 140 cal
 - PBJ Uncrustable 300 cal
 - Grape 300 cal
 - Snicker's Peanut Butter & Chocolate 300 cal
 - Buffalo Chicken Chopped Salad 203 cal
 - House Side Salad 67 cal
 - Green Beans 50 cal
 - Applesauce: All Flavors 50 cal
 - PBJ Uncrustable 80 cal
 - Jack Link's Jerky 160 cal
 - Banana Mini Muffin Loaf 90 cal
 - Pretzel Goldfish Crackers 90 cal
 - Fresh Green Beans 90 cal

- 23**
- **Chicken Patty Sandwich** 300 cal
 - Veggie Salad 300 cal
 - Focaccia Flatbread 40 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese 32 cal
 - Turkey Pepperoni Slices 160 cal
 - Sweet Potato Fries 160 cal
 - Fresh Veggie Blend #3 519 cal
 - Frozen Juice Cup 365 cal
 - Turkey BLT 365 cal
 - Turkey BLT Wrap 365 cal

- 26**
- **Mini Cheese Calzones** 330 cal
 - Marinara Dip Cup 40 cal
 - Chicken Caesar Salad 151 cal
 - Peanut Butter Cup 100 cal
 - String Cheese, Mozzarella 130 cal
 - Belly Bear Grahams 130 cal
 - WG Mini Flatbread 130 cal
 - Broccoli 130 cal
 - Fresh Veggie Blend #2 430 cal
 - Red Apple Slices 430 cal
 - Pizza Crunchers 321 cal
 - Breaded Chicken Caesar Salad 321 cal
 - Turkey and Cheese Croissant H 347 cal

- 27**
- **Chile Verde Chicken** 199 cal
 - Cilantro Lime Rice 199 cal
 - Double Chocolate Brownie 347 cal
 - Turkey and Cheese Croissant E/M 223 cal
 - Chef Salad 223 cal
 - Seasoned Black Beans 214 cal
 - Garden Salad 15 cal
 - Applesauce: All Flavors 50 cal
 - Turkey Ham & Cheese Brioche Sandwich 345 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese 300 cal
 - Focaccia Flatbread 300 cal
 - Turkey Pepperoni Slices 32 cal

- 28**
- **Hot Italian Sub** 412 cal
 - Fruit Salad 90 cal
 - Vanilla Yogurt Cup 90 cal
 - Strawberry Yogurt Cup 90 cal
 - Cinnamon Granola 120 cal
 - Chocolate Granola 130 cal
 - Banana Mini Muffin Loaf 160 cal
 - String Cheese, Mozzarella 160 cal
 - Green Beans 350 cal
 - Cucumber Coins 350 cal
 - Buffalo Chicken Wrap 350 cal
 - Mango Pineapple Yogurt Smoothie 164 cal
 - Cool Cow Strawberry Banana Smoothie 120 cal
 - Cheddar Goldfish Crackers 100 cal
 - Oatmeal Chocolate Chip Bar 140 cal

- 29**
- **Chicken Buffalo Macaroni and Cheese** 442 cal
 - Chicken Taco Salad 325 cal
 - PBJ Uncrustable 300 cal
 - Grape 67 cal
 - House Side Salad 50 cal
 - Steamed Peas and Carrots 50 cal
 - Applesauce: All Flavors 50 cal
 - PBJ Uncrustable 80 cal
 - Jack Link's Jerky 160 cal
 - Banana Mini Muffin Loaf 90 cal
 - Pretzel Goldfish Crackers 90 cal

- 30**
- **Cheeseburger** 370 cal
 - Fish Fillet Sandwich 385 cal
 - Chopped Cobb Salad 300 cal
 - Focaccia Flatbread 40 cal
 - Marinara Dip Cup 40 cal
 - Shredded Mozzarella Cheese 32 cal
 - Turkey Pepperoni Slices 160 cal
 - Tater Tots 13 cal
 - Romaine and Tomato 13 cal
 - Orange Cream Frozen Juice Cup 90 cal
 - Mini Chicken Corn 260 cal
 - Dogs 365 cal
 - Turkey BLT Wrap 365 cal
 - Strawberry Yogurt Cup 90 cal
 - Vanilla Yogurt Cup 90 cal
 - String Cheese, Mozzarella 120 cal
 - Cinnamon Granola 110 cal
 - Chocolate Granola 160 cal
 - Banana Mini Muffin Loaf 160 cal

Served every day
➤ Colby Jack Cheese Stick