



# Talbot County High School November 2018



Week 1  
Week 2  
Week 3  
Week 4  
Week 5

			1 Beefy Nachos Popcorn Chicken w/wo Fresh Baked WG Roll Refried Beans Diced Peaches	2 Grilled Cheese Sandwich BBQ Chicken Flatbread Tomato Soup/Green Beans Diced Pears
5 Pancakes w/wo Sausage Ham & Cheese Nuclear Meltdown Steamed Broccoli/Tater Tots Applesauce	6 Homemade Ziti w/wo Fresh Baked Garlic Breadstick Steak & Cheese Sub Carrots Mixed Fruit	7 Popcorn Chicken Bowl w/wo Fresh Baked WG Roll BBQ Chicken Flatbread Mashed Potatoes, Corn Diced Pears	8 NO SCHOOL	9 NO SCHOOL
12 Scrambled Eggs w/wo Sausage w/w Toast Popcorn Chicken w/wo Fresh Baked WG Roll Hash Browns Mandarin Oranges	13 Chicken Parmesan w/Pasta Buffalo Chicken Flatbread Steamed Broccoli Mixed Fruit	14 <b>THANKSGIVING MEAL</b> Roasted Turkey, w/w Fresh Baked WG Roll, stuffing, mashed potatoes w/wo gravy, green beans, fruit	15 General Tso's Chicken w/wo Brown Rice Chicken & Cheese Flatbread Steamed Carrots Diced Pears	16 Cuban Sandwich Chicken Nuggets w/wo Fresh Baked WG Roll Baked Beans Diced Peaches
19 Breakfast Burrito Chicken Nuggets w/wo Fresh Baked WG Roll Tater Tots Mixed Fruit	20 Spaghetti & Meatballs w/wo Fresh Baked WG Breadstick Ham & Cheese on Pretzel Bun Steamed Broccoli Applesauce	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL
26 Dutch Waffle w/wo Strawberry Topping w/wo Eggs Chicken Bacon Ranch Flatbread Hash Browns Applesauce	27 Chicken Alfredo w/pasta & w/wo Fresh Baked WG Breadstick Steak & Cheese Sub Steamed Broccoli Diced Pears	28 Homemade Chicken Enchilada Meatball Sub Spanish Black Beans Diced Peaches	29 Zesty Orange Chicken w/wo Fried Rice Chicken Nuggets w/wo Fresh Baked WG Roll Oriental Mixed Vegetables Mandarin Oranges	30 Popcorn Chicken w/wo Fresh Baked WG Biscuit Hot Dog on Bun Steamed Carrots Mixed Fruit

**SALADS**

**Daily Salad Choices:**  
 Week 1: Garden Cheese Salad  
 Week 2: Chef Salad  
 Week 3: Turkey Cobb Salad  
 Week 4: Buffalo Chicken Salad  
 Week 5: Crispy Chicken Salad

*Salads offered with a  
Fresh Baked WG Roll*

*Chicken Caesar Salad offered daily*

A variety of fresh fruits and vegetables are available daily – apples, oranges, bananas, cupped fruit, broccoli, baby carrots

Low Fat and Fat Free Milk is available for all meals.

**PIZZA**

*All pizzas feature whole grain crusts*

**Pizza Choices:**  
 Monday: Meat Lovers  
 Tuesday: Calzones  
 Wednesday: Meat Lovers  
 Thursday: Calzones  
 Friday: Meat Lovers

*Cheese & Pepperoni Pizza available daily*  
**NOVEMBER 29 BUFFALO CHICKEN CALZONE**

**GRILL**

**Daily Grill Choices Week**  
 Monday: Buffalo Chicken Sandwich  
 Tuesday: Bacon Cheeseburger  
 Wednesday: Hot Dog  
 Thursday: Buffalo Chicken Sandwich  
 Friday: Fish Sandwich

*Cheeseburger & Chicken Patty Daily*

**DELI**

**Daily Deli Choices:**  
 Week 1: Chicken Caesar Wrap  
 Week 2: Chicken Salad Sub  
 Week 3: Chicken Ranch Wrap  
 Week 4: Ham, Turkey, Cheese Sub  
 Week 5: Italian Sub

*Turkey Sub, Ham Sub, and Chicken  
Caesar Wrap available everyday*

All items can be purchased a la carte. Entrees are \$2.50 a la carte. A la carte items sold include baked chips (variety of flavors) for \$.65 - \$1.25, Fresh Baked Cookies for \$.75 each, Chocolate Filled Cookies \$1.25 each, Fruit Roll Ups and Scooby Snacks for \$.80, Rice Krispy Treats for \$1.25, Low Fat Ice Cream Novelties for \$1.00 - \$1.50. Tropicana Juice \$1.75, G2 all flavors \$1.50, Twist \$1.25, Water \$1.25 Pop Tarts & Nutri Grain Bars \$1.25, Yogurt \$1.25

**EAT THE HEAT**

This month's feature is **"Eat the Heat!"**  
 Check out the specials in red!

**Meal Definition:** 1 meat/meat alternative, 1 bread/grain, 2 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

*This institution is an equal opportunity provider.*